



A PUBLICATION OF THE STONEHAM SENIOR CENTER

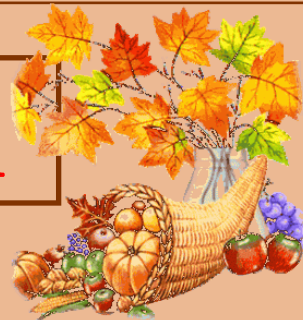
Stoneham Sentinel

136 Elm Street, Stoneham, MA 02180 - www.stonehamseniorcenter.org

Open Mon-Friday 8:30 am-4:00 pm

(phone) 781-438-1157 781-438-1161 (fax) 781-279-4904

NOVEMBER 2019



Program Highlights:

ARTMATTERS: SYMBOLISM AND EXPRESSIONISM:

Learn about these styles depicting a powerful array of emotions

P3

PAINT A THANKSGIVING SIGN: Join us as we create and paint a Thanksgiving sign. No experience necessary!

P3

ZENTANGLE: Try this soothing drawing technique!

P3

GOLDEN ERA OF JIVE MUSIC: Are you hip to the Jive? John Clark, takes you on this cool musical ride!

P3

BOSTON STAGE COMPANY: Miracle on 34th Street

P3

HOWIE CONLEY AND THE MEMORY LANERS: These guys invite you into their fun! Come dance and enjoy!

P3

ONE-MAN CHRISTMAS CAROL: Amazing performance of this Dickens' classic!

P3

NUTRITION: Nutrition facts presented by MVES

P4

SENIOR TO SENIOR: Leave a little history of your own!

P4

SENIOR SPOTLIGHTS: Teaching Tech/The Tooth Fairy

P8

SENIOR CENTER ANNOUNCEMENTS:

- ♦ **YOU WON!** Congratulations to **Sally DeCaro** winner of Exercise Bingo for September. Come grab a Bingo card and join a class!
- ♦ **SENIOR CENTER IS CLOSED THURSDAY AND FRIDAY NOVEMBER 28/29 FOR THE THANKSGIVING HOLIDAY.**

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MELD, Inc. is a local community foundation focused on educational and cultural programs in Stoneham. Programs supported by MELD are indicated by the organization's logo.



THE SENIOR CENTER FRIENDS OF STONEHAM is a nonprofit corporation formed in 2010 to fund education, social services and activities at the Senior Center. Programs supported by the Friends are indicated with the handshake logo.



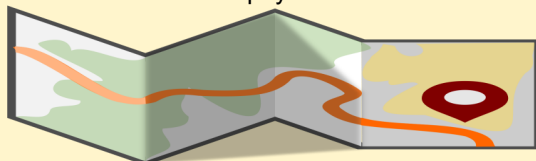
Like us on facebook
www.facebook.com/StonehamSeniorCenter

Places to go • People to see • Things to do

Did you know that every month, the Senior Center's Activities Coordinator, Mary Marhafer, hosts day trips from the Center? They are relevant to the season, open to all, and great fun. Take a look below and see if you might enjoy something the day has to offer besides breathtaking foliage!

VAILLANCOURT FOLK ART GALLERY/MUSEUM: *Wed Nov 20, Depart Senior Center 8:45 am return 5:45 pm.* Visit the Gallery and enjoy a demonstration of chalk-ware and hand blown Polish glass Christmas ornaments (may be purchased) Lunch at the historic Publick House in Sturbridge. \$93. Sign up at front desk/checks payable to Senior Center.

REAGLE PLAYERS CHRISTMAS EXTRAVAGANZA: *Sun Dec 8 Depart Senior Center 10:30 am return 3:30 pm.* Precision dancers, twenty Yuletide tunes, Live nativity and a visit to the North Pole. Limit 24, \$66.50, BYO lunch. Sign up at front desk and make checks payable to Stoneham Sr. Ctr!



The Senior Center will be closed on Monday May 11 in observation of Veteran's Day.
THANK YOU FOR YOUR SERVICE!

WATCH FOR THIS NEW SIGN!



Many programs we offer become popular quickly and space is sometimes limited. When you see this "telephone" symbol, that means registration is required for the event. You can sign up in person at the front desk or call 781-438-1157 to reserve your spot so you don't miss out! Watch for it!

THANK YOU TO OUR GENEROUS DONORS!*

- * Marie Jutras, In Appreciation
- * Sylvia Gallezzo, Thank you
- * Ursula LeFave, In Memory of Billy Gover
- * Louise Zuk, In Memory of Stanley Zuk



The mission of the Stoneham Council on Aging is to provide outstanding services with kindness, respect and dignity and to offer outreach services for social, nutritional, medical issues and other unmet needs of Stoneham Seniors.

GOINGS ON AT THE CENTER

Let's look back at some of the events that happened at the Senior Center this past month!



STAYING INFORMED! Detective Dave Ryan and Mike McGrath of the Stoneham bank making seniors aware so they don't fall prey to clever scammers.

SUCCESS! Carol Nichols teaches how to make home-made yummy relish to happy participants. Why not come and try a new activity!



Congratulations to Antique Car show winner **Larry Potter** and his 1949 black-Ford Tudor!



With generous support from Stoneham Bank, another successful annual Open House was enjoyed by all. The beautiful weather that day, the antique cars, Bargain Barn, sweet music, grilled hot dogs, and the many friends who participated and attended worked together to make another memorable event!



ARTS & ENTERTAINMENT

ARTMATTERS: SYMBOLISM AND EXPRESSIONISM: Tues, Nov 5 1PM, Influenced by Gauguin and Van Gogh, these two movements blossomed in the early 20th century. They were to stress personal expression, and pushed the envelope of artistic self expression to greater levels of joy, angst, and controversy. Join us to see powerful images from artists Munch, Klimt, and Beckmann, among others, as they take us on a visual journey (not for the squeamish), to explore our most inner fears and desires ...if you have the nerve. 

THE GOLDEN ERA OF JIVE Mon Nov 18, 1PM. free! John Clark takes you through the years of greats like Cab Calloway, Ella Fitzgerald, and more. Be there or be square!



DANCE WITH HOWIE CONLEY and the MEMORY LANERS

Tues Nov 26 1-2:30 \$5 Fun entertainment with light lunch!



ONE MAN CHRISTMAS CAROL:

Fri 12/13 1PM \$5. The spirits of Christmas Past, Present, and Future come to life in this one-man presentation of this Dickens Classic!



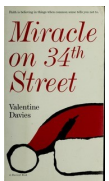
THANKSGIVING SIGN PAINTING: Tues 11/12 at 1PM. Join us to paint a fun Thanksgiving sign for your home! \$7. Limit 20

ZENTANGLE: Mondays Nov 4, 18, 25 1PM Zentangle* is a simple drawing style using structured patterns. No drawing skills required. Come to one or all classes. It's fun, inspirational, creative and enhances relaxation and focus. Class presented by certified Zentangle teacher, Susan McFarlane. check-out zentangle.com to see examples and learn more. \$10/class or three/\$25, all materials



BOSTON STAGE COMPANY:

Senior Matinee Wed Dec 11, 2PM Miracle on 34th Street \$32. Special pricing for seniors, complimentary snacks and drinks at intermission! Reserve at 781-438-1157 make check to BSC.



CRAFTS, MOVIES & GAMES

Craft Group - Join the gang on Mondays, 10am.

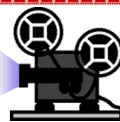
Chair Caning - Every Tuesday from 9-11:30am.

Knitting & Crocheting - Join Rona and friends on Wednesdays from 10am-Noon

Painting with Howard. Thursdays at 9:30am. Bring your own project and supplies.

MOVIE AND PIZZA

Every Thursday at 12:30pm; \$2/person. Enjoy a movie and pizza at the Senior Center.



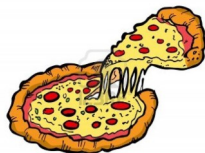
Thanks to **Andrea's House of Pizza** at 498 Main Street (781) 438-4274 for the weekly donation of "EXTRA ORDINARY" pizza!

11/7 PINK PANTHER (Comedy/Mystery) Bumbling antics of Inspector Clouseau

11/14 LINCOLN (Drama/History) Lincoln fights to abolish slavery

11/21 MALL COP (Comedy) Paul Blart unwittingly saves the day when the mall goes on lockdown

11/28 GET SMART (Comedy) Inept Maxwell Smart and agent 99 return!



MEN'S & WOMEN'S HAIRCUTS With/SIS

The Barber Shop is open on Monday mornings, 9AM- 12:30PM. Haircuts are \$10 at the Senior Center. Walk-ins welcome!

CARDS AND GAMES



Cribbage Group	Mon & Fri 10 AM
Men's Cards	Mon 12:30-3:30 PM
Mahjong	Tues 12:30 PM
Wii Bowling	Wed 9:00 AM
Bingo	Wed 1 PM
BB Bridge	Wed 12:30 PM
Canasta Hand & Foot	Fri 10 AM
Board & Card Games	Fri 10 AM

GOOD TO KNOW!

HELP ME WITH THIS E-THING: Wed Nov 6, 1:05-1:55 pm; St. Patrick's middle school students will find answers to your questions on electronic devices at Our Lady of Providence Hall 71 Central St. You do not have to have your own device. Register for this free program! 

FREE BLOOD PRESSURE CLINIC

11/4 10-11 Stoneham Board of Health

11/21 11:30-12:30 Additional Care



HAVE YOU SEEN OUR PODCAST?

You can download our podcast,, **Senior Matters**, from the Senior Center website or from Stoneham TV.

Episode 1 features Maureen Canova, Director, describing some features of the Center and what it offers!

Episode 2 features Laura Chinappi, President of the Friends of the Stoneham Senior Center. Laura gives a little history and description of what the Friends Group does!

Episode 3 features Mary Zatta, former Outreach Worker, who explains some of the programs we offer to the seniors. Check us out!



See important census info page 5!



DON'T MISS OUT!

Our programs fill up quickly, so be sure not to miss out!

Sign up at the front desk or call the Center at 781-438-1157 to reserve your spot!

sign up now

MEMORY CAFÉ: Monday Nov 4 4-6 pm at the Senior Center. *What is it?* Please note this is not a support group, drop-off, or respite program. A caregiver must accompany participants who require personal assistance. There is no cost for this gathering but an RSVP is appreciated at 781-438-1157.

CAREGIVER SUPPORT GROUP Thursday, Nov 7 and 21 at 10am Are you caring for a loved one with Alzheimer's or related dementia? Join us at the Center for Education and Support with Kathy Learned of Mystic Valley Elder Services. This program will run on the first & third Thursday of every month at the Senior Center.

SURVIVING LOSS AFTER 60 Meets the first and third Tuesday every month 10-11:30 Hallmark Health VNA and Hospice 178 Savin St, 3rd floor, Malden. No fee but registration is required. Please call Judy Seifert at 781-338-7861.

PARKINSON'S SUPPORT GROUP -STONEHAM Tuesday, Nov 5, 1 pm This peer-led Parkinson's Disease Support Group meets on the first Tuesday of each month.

RELAXATION CIRCLE WITH ANGELA SHEA: Every Tuesday,, 11AM \$2 Join us as we focus and practice various simple techniques that can be used daily to aid in relaxing and help begin the 'mind-body-spirit' connection.

CHAIR MESSAGES Thursday, Nov 14 from 11 am-1 pm, \$5 You can schedule a 15 minute massage with the goal of helping alleviate stress and pain. Sign up for a time slot at the Center or drop by and check for any openings

NUTRITION: Wednesday 11/6 11:00 am Candace Quigley, Registered Dietician, with Mystic Valley Elder Services will host a presentation, "What's in a Name?" Are you one who checks the nutrition facts labels? We will take a close look at the new labels to see what remains the same and what info has changed!

SENIOR TO SENIOR: Tues December 10 Stoneham High School Seniors are looking for up to ten Seniors who are interested in being interviewed to volunteer to have their "story" recorded by a student. This is our tenth year participating in the S2S program and it has been a very encouraging and enlightening endeavor! Interviews will be published in the Independent. Please sign up for more information.



DAILY LUNCH WITH SENIOR FRIENDS!

Join us Monday, Wednesday, and Friday at noon for a nutritious hot lunch provided by Mystic Valley Elder Services. Cold boxed lunch is available Tuesday and Thursday. Call 781-388-2303 to reserve your meal by noon the previous business day. Look for the daily menu within the calendar on page 6-7 A \$2 donation is recommended.



COFFEE & CONVERSATION: Mondays & Fridays at 9:30AM Join us for lively conversation and goodies. All are welcome!



MEN'S BREAKFAST: Men! Enjoy a hot delicious breakfast and great conversation. Nov 6 and 20, 8 AM.

Thank You to Our Generous Donors

DONATION FORM

YES! I WANT TO HELP SUPPORT THE SENIOR CENTER.

Please make checks payable to: Stoneham Senior Center, 136 Elm Street, Stoneham MA 02180.

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

Name: _____

Address: _____

City _____ State: _____ Zip _____

Phone: _____ Email _____

____ Check here if you do not wish your \$10 or above donation to be listed in the Sentinel.

Donation made (select one)

____ for the Stoneham Senior Center ____ In memory / honor of

If you would like for us to send an acknowledgment of your honorary or memorial gift, please add recipients name/ address below:

Mystic Valley Elder Services

Mystic Valley Elder Services (MVES) is a nonprofit agency which partners with elders, adults living with disabilities, and caregivers residing in Stoneham and surrounding towns. They help you find what you need to live the way you want.

MVES works one-on-one with adults 60+ and adults of all ages living with disabilities to connect you to services that support your health, well-being, and independence. They provide care management, coordinate services and refer you to appropriate healthcare and home care providers. Many of the services are free or low-cost, depending on your income. For more information, give them a call at 781-324-7705.



Because of the generosity of the MELD Foundation, we are able to offer many educational and cultural programs at low cost or even no cost to our seniors. We appreciate their participation!!



YOU SHOP. AMAZON GIVES **SHARE THE LOVE**

AmazonSmile is a program donating 0.5% of your eligible purchases on Amazon to the Stoneham Senior Center or a charity of your choice. Go to www.stonehamseniorcenter.org/support-us/amazon-smile to select the Senior Center, and the donation

will be made at no extra cost to you! Happy shopping and as always, thanks for supporting the Stoneham Senior Center. ***DID YOU KNOW?*** All donations go directly to supporting the Senior Center and its outreaches! We appreciate your support!

FREE HEARING CLINIC WITH APEX HEARING CARE

Wednesday, November 20, 12 pm. Sign up for a Free Hearing Screening or a check of existing hearing aids. Call (781) 438-1157 appointment. Call (781) 872-1222 if you have questions.

TIMELESS TRIVIA

Tues. Nov 12 and 26 at 1:30pm

Join us for coffee, snacks, prizes, and themed trivia games.



ASK THE NURSE

I am retired and so bored. I need something to do. I do not want to watch TV all day. Help please. Retirement is a wonderful thing, something you earn after working hard for so many years. It is now your time. You probably enjoyed a few weeks of leisure and now you say "Is that all there is?" You want to stay connected

The Stoneham Senior Center is a great resource, and no, it is not for "old folks" but for folks young at heart. The Senior Center is a vibrant community of "doers". Hobbies are a wonderful past time. It is a great way to encourage socialization among seniors who may or may not already know each other. Check out the art programs. Art can increase your quality of life. It can become a new favorite pastime. Art can be drawing, painting, knitting, crocheting, quilting, stamping, writing or even acting. Before you say "but I can't draw", you do not have to be able to draw in order to be introduced to the world of artistic expression. It is never too late to learn new things. Look at Grandma Moses, a renowned American folk artist. She began painting at age 78! Art is therapy. We all need therapy as we get older whether we admit it or not. Aging is not fun and we all need something to give us a boost when it comes to mental health and self-esteem issues. You can learn from books but older adults tend to choose art instruction offered through their Senior Centers. Skill development, intellectual curiosity or even social interaction may figure into your reason for pursuing various forms of artistic expression. You are never too old. Discovery, stimulation and finding new ways to relax are a vital part of your being. Now is your time. Sign up for a class at your Senior Center, visit an arts and craft store, jump in with both feet. It is time to get back to those promises that you made to yourself years ago. When I retire, I am going to do this or that....someday is here. Enjoy, have fun, play, laugh and share a cup of tea with your new friends.



WE ALL COUNT IN THE CENSUS!

Did you know that completing the census helps us qualify for local health, education, and employment programs, as well as for funding for other human services, and for fair representation in government? It's true! So don't forget to complete the 2020 census. For you snowbirds, when you receive the postcard in March of next year, **don't forget** to respond either by paper, phone or online while you are away – your responses matter!



LOOKING FOR PART-TIME WORK

The Census is looking for individuals to assist with the upcoming April Federal Census. Go to 2020census.gov/jobs or come to a recruiting session on Monday November 18 from 10-12 at the Senior Center to get more information.



NOVEMBER

Monday	Tuesday	Wednesday	Thursday	Friday
WINTER NUTRITION CHALLENGE: For seniors, a healthy diet is an important part of aging well. Here are a few ideas as winter approaches! 1) Eat filling foods. Try to eat more high-fiber foods including fruits, vegetables, grains, and legumes and nuts. 2) Sit down and eat slowly Paying attention to meal presentation is also helpful. Serving food on pretty dinnerware and setting an attractive table can make mealtime more inviting. 3) Check serving size Nutrition labels can be deceptive if you aren't careful. For example, if you are enjoying a dish of ice cream, the serving size might be a half cup. Is that the amount you really eat? Pay close attention to labels to better manage portions. 4) Learn more about aging and nutrition Knowledge is power when it comes to senior nutrition. The Stoneham Senior Center has healthy lunch options every day, in addition to numerous presentations on diet and healthy living for seniors! Check the Sentinel for details! 5) Healthy nutrition on a budget For older adults on a fixed income, healthy food can take a real bite out of the monthly budget. However, there are options that can help seniors bridge the gap, including the SNAP program (see Maureen for more info!) and the Helping Hands Food Pantry (see page 9)				
4 HOT: Cranberry chicken COLD: Egg salad (V) sandwich 8:30 Sorenson Aerobics 9 Haircuts 9:30: Coffee & Conversation 9:45 Zumba 10 Cribbage, Craft Group 12:30-3:30 Men's Cards	5 BOX LUNCH: Chicken salad sandwich 9:00 Sorenson Aerobics Boys & Girls Club 9: Chair Caning 9-11 SHINE 11: Relaxation Circle 12:30 Mah-Jongg	6 HOT: Potato fish filet COLD: Roast beef & provolone sandwich 8:00 Men's Breakfast 8:30 Sorenson Aerobics & Walking Club 10 Knit/Crochet 11:30-12:15 Dance and Tone 11-2 SHINE 12:30 BB Bridge 1 Bingo 2:15 Advanced Tai Chi	7 BOX LUNCH: Cottage cheese fruit plate (V) 8:30 Sorenson Aerobics 9:30 Painting 10 Line Dancing 12 :15 Chair Yoga 12:30 Movie & Pizza 	8 HOT: Lentil stew (V) COLD: Turkey deluxe sandwich 8:30 Sorenson Aerobics 9:30 Coffee & Conversation 9:45 Gentle Yoga 10 Cribbage, Canasta 12:45 Take a seat chair yoga 1 Board & Card Games
11 NO LUNCH SERVED TODAY IN OBSERVANCE OF	12 BOX LUNCH: Turkey & provolone sandwich	13 HOT: Beef stew COLD: Egg salad (V) sandwich	14 BOX LUNCH: Ham chef salad	15 HOT: Hot dog and beans COLD: Chicken salad sandwich

VETERANS DAY 	9:00 Sorenson Aerobics Boys & Girls Club 9: Chair Caning 9-11 SHINE 11: Relaxation Circle 12:30 Mah-Jongg 	8:30 Sorenson Aerobics & Walking Club 10 Knit/Crochet 11:30-12:15 Dance and Tone 11-2 SHINE 12:30 BB Bridge 1 Bingo 2:15 Advanced Tai Chi	8:30 Sorenson Aerobics 9:30 Coffee & Conversation 9:45 Gentle Yoga 10 Cribbage, Canasta 12:45 Take a seat chair yoga 1 Board & Card Games 1 Walmart Shopping
18 HOT: Baked fish COLD: Turkey & provolone sandwich 8:30 Sorenson Aerobics 9 Haircuts 9:30 Coffee & Conversation 9:45 Zumba 10 Cribbage; Craft Group 12:30-3:30 Men's Cards	19 BOX LUNCH: Tuna salad 9:00 Sorenson Aerobics Boys & Girls Club 9: Chair Caning 9-11 SHINE 11: Relaxation Circle 12:30 Mah-Jongg	20 HOT: Mac and cheese (V) COLD: Curry chicken salad 8:00 Men's Breakfast 8:30 Sorenson Aerobics & Walking Club 10 Knit/Crochet & 11:30-12:15 Dance and Tone 11-2 SHINE 12:30 BB Bridge 1 Bingo 2:15 Advanced Tai Chi	21 THANKSGIVING SPECIAL HOT: Roasted turkey dinner, stuffing, potatoes COLD: Roast beef & Swiss 8:30 Sorenson Aerobics 9:30 Painting 10 Line Dancing 12 :15 Chair Yoga 12:30 Movie & Pizza 22 HOT: BBQ pulled pork COLD: Vegetarian (V) chef salad 8:30 Sorenson Aerobics 9:30 Coffee & Conversation 9:45 Gentle Yoga 10 Cribbage, Canasta 12:45 Take a seat chair yoga 1 Board & Card Games
25 HOT: Stuffed shells (V) COLD: Ham & provolone sandwich 8:30 Sorenson Aerobics 9 Haircuts 9:30 Coffee & Conversation 9:45 Zumba 10 Cribbage; Craft Group 12:30-3:30 Men's Cards	26 BOX LUNCH: Egg salad (V) sandwich 9:00 Sorenson Aerobics Boys & Girls Club 9: Chair Caning 9-11 SHINE 11: Relaxation Circle 12:30 Mah-Jongg	27 HOT: Meatloaf COLD: Turkey & Swiss 8:30 Sorenson Aerobics & Walking Club 10 Knit/Crochet 11:30 Dance and Tone 11-2 SHINE 12:30 BB Bridge 1 Bingo 2:15 Advanced Tai Chi	 Senior Center Closed



PROGRAM SPOTLIGHTS



COMPUTER CLASSES AT THE STONEHAM BOYS AND GIRLS CLUB **15 DALE COURT, STONEHAM,**



This class is designed to help you learn how to use the basic functions of your computer as well as some more advanced functions of the computer that may be less familiar to the average user.

Every Wednesday from 9:30-11:30 a class is conducted with the following goals:

1. Be confident in using the computer.
2. Be effective at using the computer
3. Have fun learning something new every class.

With generous support from the Friends group, this is a FREE program!
Registration is not required and you can feel free to drop -in.



THE TRAVELING TOOTH FAIRY

Knowing that Medicare does not cover dental visits, the COA was able to obtain funding from the Stockwell Fund of Stoneham to help take care of some of these needs by way of the Traveling Toothfairy, LLC.

The goal of The Traveling Toothfairy is to provide preventive dental services in order to help reduce decay to those who do not have access to care, for various reasons, and to assist patients in finding a dental office they can visit regularly.



If you qualify by income, less than 22,000 per year, you may be eligible for a complete dental cleaning for \$25.00. Services are performed at the Senior Center using portable dental equipment that is maintained according to CDC Guidelines and OSHA Regulations. Whenever possible, disposable supplies are utilized. Collection and storage of all facility and patient information is in compliance with HIPPA.

On the second Thursday of each month, from 9AM-1PM, up to six patients will be able to schedule a 40-minute appointment to have a complete dental cleaning by Registered Dental Hygienist, Marcy Foreman.

Advance registration and payment are required. Program begins 11/14, cash or local check is accepted made payable to Marcy Foreman.

GOVERNMENT

STATE SENATOR JASON LEWIS: Holds office hours at the Center every month and is available on Mon Nov 18 at noon for your drop-in convenience..

STATE REPRESENTATIVE MICHAEL DAY: Holds office hours at the center every month and is available Tues Nov 12 from 9-11 for your drop-in convenience.

STONEHAM COUNCIL ON AGING

Board of Directors meet on the third Tuesday, Nov 19 at 3 PM at the Center. Meetings are open to the public.

RESOURCES

ATTORNEY FOR SENIORS

Free legal assistance is available for seniors once per month. Attorney Susan Mooney will visit the Senior Center 11/18. Call (781) 438-1157 for an appointment.

VETERANS SERVICES

Stoneham Veterans Agent James Devlin is available at the Senior Center Monday through Friday from 8AM-4PM. Veterans who need assistance with their benefits, i.e. Aid and Attendance pension, should call Jim at (781) 279-2664 to schedule an appointment. No drop-ins.

SHINE COUNSELING

Confidential counseling available at the Center on Tuesdays 9-11 and Wednesdays 11AM-2PM. Get help with such topics as Medicare, Medicaid, and prescription drug coverage. Call (781) 438-1157 to schedule an appointment.

WALKERS, COMMODOES, CANES, OH MY!

Are you or a loved one in need of a little extra mobility assistance? We've got what you need! Stop by the Stoneham Senior Center to check out our large inventory of FREE gently used walkers, commodes, canes and other assistive devices.

Call 781-438-1157 for further inquiries

COMMUNITY DINNER

The First Congregational Church in Stoneham serves dinner every Tuesday evening at 5:45 pm. You can help cook, serve, or clean up! For more info please call 781-438-0097

TRIPS & TIPS

DAY TRIPS WITH MARY!

Activities Coordinator, Mary Marhafer, arranges monthly Day Trips and activities to various locations throughout New England. Checks or cash, no bills over \$50 please.

VAILLANCOURT FOLK ART GALLERY/MUSEUM

Wed, November 20, 2019 \$93 Depart Sr. Ctr. 8:15 A.M. returning 5:45 P.M Visit the Gallery and enjoy a demonstration of chalk-ware and hand blown Polish glass Christmas ornaments (which may be purchased.). Lunch at the Publick House in Sturbridge. Sign up at the Center and kindly make checks payable to Stoneham Sr. Center.

REAGLE PLAYERS CHRISTMAS EXTRAVAGANZA: *Sun December 8 Depart Sr. Ctr 10:30 am return 3:30 pm.* Precision dancers, twenty Yuletide tunes, Live nativity and a visit to the North Pole. Limit 23, \$66.50, BYO lunch. Sign up at front desk and make checks payable to Stoneham Sr. Ctr!

COMMUNITY

FOOD PANTRY AT THE FIRST CONGREGATIONAL

The First Congregational Church in Stoneham/God's Helping Hand Food Pantry is a non-profit, volunteer organization with a mission to provide supplemental food supplies to Stoneham residents who need a helping hand.

If you are a Stoneham resident and are in need of food, you can receive assistance from the FCCS/God's Helping Hand Food Pantry, regardless of your religious affiliation, if any. The Food Pantry stocks non-perishable foods, some household supplies and toiletries, and a limited supply of frozen and refrigerated items such as cheese, eggs, and frozen meats. You may visit the pantry once a month, by appointment, to select groceries you know will be used by your household. (Don't forget to bring your reusable shopping bags!) The pantry is open each Tuesday, and you can schedule your monthly appointment by calling the church office at 781-438-0097 between 8:30—2:30 Monday through Friday.

When visiting the pantry for the first time, you must provide a photo ID and proof of your residency in Stoneham. A recent bill or lease agreement with your name and Stoneham address displayed will be sufficient.

The Food Pantry is located on the lower level of the First Congregational Church. The entrance door is on the Church Street side of the building (across from the Stoneham Common), at the front of the church, down a short flight of stairs. If there is inclement weather and the Stoneham Public Schools are closed, the Food Pantry will also close. For more information, call the church office at 781-438-0097.

WINTER IS COMING- DON'T BE LEFT OUT IN THE COLD!

The Low Income Home Energy Assistance Program (**LIHEAP**) helps keep families safe and healthy through initiatives that assist families with energy costs. We provide federally funded assistance in managing costs associated with home energy bills. Please call Bryna Davis at the Community Services Network at 781-438-9254 for more information



Congratulations to Carol O'Leary, winner of the Italian basket drawing - Cent'anni!



FITNESS

WEEKLY CLASSES

PLEASE TAKE NOTE: WEEKLY CLASSES ARE LISTED BELOW AS THEY OCCUR ON A REGULAR BASIS. !

Get moving, get fit, & get healthy with the variety of exercise programs we have at the Center. All classes are \$2 per class, with the exception of Advanced Tai Chi, payable to the Senior Center upon arrival to classes. Each class has a max size of 25 participants on a first come, first serve basis. Participants must be 60 years old or older and ALL classes are open for men and women.

Monday

- * Jacki Sorenson Aerobics with Rosemary 8:30AM-9:30AM
- * Zumba with Amiee 9:45-10:45 AM

Tuesday

- * Jacki Sorenson Aerobics with Rosemary, 9 AM, Boys and Girls Club

Wednesday

- * Jacki Sorenson Aerobics with Rosemary 8:30AM-9:30AM
- * Walking Club, 8:30AM, approximately 1 mile. Breakfast to follow sponsored by Stoneham ME Federal Credit Union.
- * Zumba, with Aimee, 10:45AM
- * Dance and Tone with Aimee 11:30-12:15
- * Advanced Tai Chi with Susan- 2:15PM, drop in \$5

Thursday

- * Jacki Sorenson Aerobics with Rosemary 8:30AM-9:30AM
- * Line Dancing with Jim Banks 10AM-11AM
- * Chair Yoga with Janine 12:15

Friday

- * Jacki Sorensen Aerobics with Rosemary, 8:30-9:30AM
- * Gentle Yoga with Leila, 9:45-10:45A
- * "Take a seat "chair yoga with Jeff 12:45PM

NEW CLASS!

DANCE AND TONE: Weds 11:30-12:15 pm Using dance moves followed by some toning exercises, we will work on all our muscle groups for a stronger and leaner body. Using various fitness equipment, we will move to great some great music. We conclude with stretches to improve our flexibility. Exercises can be performed standing or seated and modifications will be taught if needed, so all are welcome! Drop in \$2/class.

THANK YOU TO OUR FITNESS CLASS SPONSORS



TRANSPORTATION

SENIOR CENTER VAN

To and From the Center

If you need a ride to the Center, call (781) 438-1157. The comfortable 13-passenger van is available to transport you to and from the Senior Center on Mon, Wed, Thurs and Fri from 8:30AM until 3PM and Tues from 8:30-11AM. **This is a curb-to-curb service. Drivers are not able to assist passengers with physical limitations. Transportation is available to seniors (60 and over) who live independently in the community. Please remember your reusable bags!**

-Cheap Eats - Tuesdays 11:30AM-3PM \$3 plus cost of your lunch. Call (781) 438-1157.

-Grocery Shopping - Pickup between 8:45-9:15AM (3 Bag Limit), \$3, Mondays and Fridays Stop & Shop in Reading and Market Basket in Reading

-Main Street Quick Stops - Wednesdays 9-11AM; \$3 Starts at CVS in Redstone and runs continuously to the Library and back. Call the day before for home pick-up before 9AM.

Shopping Trip to Walmart - Fri 11/15 1-3PM;



ADDITIONAL TRANSPORTATION SERVICES

Medical Appointments

Transportation is available to medical appointments between 9:00 am-3 pm upon availability of a volunteer driver or the new medical van. Services can be provided only between these hours. While we always try to accommodate medical rides with our volunteers, if one is not available, please be prepared to make other arrangements: **Please note: five working day advance notice is required.** Call (781) 438-1157 to schedule.

Medication Disposal - Mondays from 10AM-Noon

The senior van will bring you to and from the police station to dispose of your unused and expired medications and prescriptions. Call (781) 438-1157 to sign up.

MBTA "The Ride" - Call (617) 337-2727.

Charlie Card

For those who need to renew or obtain a "Charlie Card", call the MBTA T-pass program at 1-888-844-0355

MVES Trip Metro North Program

If you're 60+ or an adult living with a disability, don't drive, and public transportation isn't an option, you can still get to appointments, visit friends, dine out, and have a life with TRIP. This free program gives you money to reimburse friends neighbors, and in some cases, certain relatives, for taking you where you want to go. Call (781) 388-4819 to learn more.

ADDITIONAL TRANSPORTATION SERVICES



Ciao, Mary! A smiling face, a willing heart, a service attitude, and so much more, it's hard to find a place where Mary hasn't excelled. As she moves on to the next chapter of her life, we wish her joy, peace, and love for the adventure ahead.



Senior Center/Council on Aging

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**136 Elm Street
 Stoneham, MA 02180
 781-438-1157
 781-438-1161
 Stonehamseniorcenter.org
 Open Mon-Fri 8:40-4:00 pm
 Lunch daily at noon**

The Senior Center Friends of Stoneham is a nonprofit corporation formed in 2010 for the purpose of funding education, social services and programs offered at the Senior Center. Funds are raised from individual donations, weekly Bargain Barn, annual appeals, drawings, and the penny jar, along with special events. Programs supported by the Friends are indicated with the handshake logo.