



A PUBLICATION OF THE STONEHAM SENIOR CENTER

# Stoneham Sentinel

136 Elm Street, Stoneham, MA 02180 • www.StonehamSeniorCenter.org  
(781) 438-1157 • (781) 438-1161  
Fax (781) 279-4904

JULY 2017

## **FOURTH OF JULY CELEBRATION**

Extend the Fourth of July weekend and join us for a celebration July 7th. Page 3.

## **ZENTANGLE WORKSHOP**

Interested in trying out something new this summer? Check out the Zentangle Workshop. Page 3.

## **ARTMATTERS: MARC CHAGALL**

Learn more about the versatile artist from the 20th Century. Page 3.

## **RENT THE SENIOR CENTER**

Interested in using the Center for an event? Page 4.

## **TRIPS WITH NANCY**

Join us for some fun trips this summer. Page 9.

## **BARGAIN BARN IS OPEN**

The Bargain Barn is open at the Center. Page 12.

## **TRANSPORTATION OPTIONS**

Know what options are available to you! Page 2.

## **TRAVELING TOOTH FAIRY**

In need of dental care? Page 4.

## **DIABETIC SHOE FITTING**

Have Medicare? Find out more about getting your free diabetic shoe or insert fitting. Page 4.

## **JACKI SORENSON AEROBICS**

There is a Tuesday class running July 11th-August 29th. Page 10.

## **THE SENIOR CENTER THANK YOU'S**



Thank you again to the Northeast Metropolitan Regional Vocational High School for their work on the deck! We will definitely be using it this summer.

## **ANNOUNCEMENTS**

**Fitness Class changes the week of the 4th of July**  
Alice's Zumba and Pilates are cancelled the week of the 3rd. Dates affected are July 3rd & 6th

Jonathan is back! Enjoy listening to the piano during lunch from 11:30-12:30 on Mondays and Wednesdays.

Happy Fourth of July!



Like us on Facebook  
[www.facebook.com/StonehamSeniorCenter](http://www.facebook.com/StonehamSeniorCenter)

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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 with the organization's logo.



**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. Programs supported by the Friends are indicated with the handshake logo.



*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.*

# Program Spotlight

## Transportation Options in Stoneham

### **STONEHAM SENIOR CENTER VAN**

- Phone: 781-438-1157
- Stoneham Senior Center provides to residents living independently in the community transportation to and from the Senior Center, grocery shopping, Main Street Quick Stops, Cheap Eats, Walmart and other local retail locations, Mon-Fri- please call for the fixed schedules to each of these destinations
- Volunteers provide medical transportation, Mon-Fri, to doctor's offices in Stoneham, Winchester, Melrose, Wakefield, the Reading Health Center and Lahey Clinic- 14 day advance notice required

### **THE RIDE**

- Phone: 617-337-2727 – to apply for eligibility
- Office located at: 500 Rutherford Ave.—Third Floor. Charlestown, MA 02129
- Offers door-to-door, shared-ride transit service to cities and towns in and around Boston who cannot use bus, subway or trolleys because of a physical, cognitive or mental disability
- Operates every day from 5AM- 1AM
- Only registered RIDE customers, Personal Care Assistants and their guests may use this service, local one-way fare when booked 1-7 days in advance: \$3.15

### **TRIP METRO NORTH – MYSTIC VALLEY ELDER SERVICES**

- Phone: 781-324-7705
- Free, passenger-controlled program to older adults and adults living with disabilities in Stoneham and other surrounding towns
- Do you have someone willing to offer a helping hand (friends, neighbors, others) to drive you to a destination? This program will reimburse your driver for mileage.

### **LOCAL TAXI SERVICES**

- Checker Cab of Woburn: 781-937-6000
- Town Taxi of Stoneham: 781-438-3030
- Eagle Taxi: 781-279-1215
- City Taxi of Melrose: 781-662-0736
- Sky Taxi: 781-558-8884

### **MBTA 132 BUS - MAIN STREET, STONEHAM**

- MBTA bus starts at Redstone Shopping Center
- Ends at Malden Center Station (orange line), with multiple stops along the way including Oak Grove Station
- Weekdays: runs from 6 AM- 11:30 PM
- Saturdays: runs from 8 AM- 7:30 PM
- Fare: \$.85/ride with Charlie Card

# Arts & Entertainment

## CARDS AND GAMES CORNER

Wii Bowling	Mon 8:30AM
Cribbage Group	Mon & Fri 10AM
Bridge Group	Tues 8:45AM
Men's Cards	Tues & Th 12:45PM
Mah Jongg	Tues 12:30PM
Bingo	Wed 1PM
Beyond Beginners Bridge	Wed 12:30PM
Canasta Hand & Foot	Fri 10AM
Board & Card Games	Fri 1PM
Scrabble	Fri 1PM

## ART MATTERS: MARC CHAGALL

*Tuesday, July 11, 1PM*

Known as the "Poet", he was one of the most versatile artists of the 20th Century. He merged the traditional images of his native Russian, Jewish culture with the modern styles of Cubism and Fauvism. His paintings portray stories and fables, ideals of freedom, dreams of love, nightmares of war, passionate emotions and soul refreshing humor. He never finished a canvas until something in it "surprised" himself. Join us for a retrospective look at his work, his life, and his unique perspective of the world.



## LUAU LUNCH

*Tuesday, July 18th, 12PM*

Join us for a luau lunch and activities at the Center for a little summer fun. Sign up at the Center.

## BREAKFAST AND BOCCE

*Saturday, July 8th: 9-10:30AM*

*Thursday, July 13th: 9-10:30am*

Come to the Center to play some bocci and enjoy some light breakfast refreshments. Hosted by Stoneham Recreation! Sign up at the Center.

## FOURTH OF JULY CELEBRATION

*Friday, July 7th, 12PM*

Join us for a Fourth of July celebration! Sign up at the Senior Center.

## OVERNIGHT TRIPS

The Senior Center is now offering overnight trips through Durgan Travel Services here in Stoneham. We're offering 3 trips this year to Portugal, Nashville, and Sorrento! These trips are not exclusive to seniors in our community, but our partnership with Durgan Travel will benefit the SeniorCenter! If interested please fill out a registration form, attach the deposit and leave it at the Front Desk.

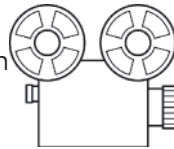
## CLUBS

### The Red Hat Society

The club meets the 3rd Wednesday of each month at 1PM to plan member activities. The meeting this month is Wednesday 7/19 at 1PM. Call Natalie Baldini at (781) 279-1810 for information.

## MOVIE AND PIZZA

Every Thursday at 12:30pm; \$1 donation appreciated. Enjoy a movie and pizza at the Senior Center.



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

### 7/6, The West Point Story

(Musical), James Cagney, Maggie Smith. Cagnet comes to West Point to stage a graduation show.

### 7/13, My Old Lady

(Romantic Comedy), Kevin Kline, Maggie Smith. American inherits apartment in Paris only to find it is occupied.

### 7/20, Damn the Defiant

(Adventure). Alec Guinness, Dirk Borgarde. Riproaring tale of the British Navy.

### 7/27, On Golden Pond

(Drama), Katherine Hepburn, Henry Fonda. Elderly couple return to their summer cottage (actually Squam Lake in NH).

### 8/3, Run Silent, Run Deep

(Classic War Story) Burt Lancaster, Clark Gable. WWII submarine thriller.

## CRAFTING

**Craft Group** - Join the gang on Mondays, 10AM.

**Chair Caning** - Each Tuesday from 9-11:30AM. Instruction provided by Richard Bardet.

**Knitting & Crocheting** - Join Rona and friends on Wednesdays from 10AM-Noon.

**Painting** - Painting with Howard Thursdays at 9:30AM. Bring your own project and supplies.

## Zentangle Workshop

*Monday, July 24 1-3PM, \$7 per person, basic materials supplied.* Zentangle, or Doodle Art, is a relaxing, simple, soothing, abstract drawing style using structured patterns. Learn patterns, relax, and create beautiful art. No drawing skill required. It's fun, inspirational, creative, and enhances relaxation and focus. Check out zentangle.com to see examples and learn more.



*Example of Zentangle*

## Dining

### **DAILY LUNCH AT CHEZ HENRI**

Henry Fountain, Meal Site Manager. Join us Monday through Friday at noon for a nutritious hot lunch provided by Mystic Valley Elder Services. Call to reserve your meal by noon the previous business day at (781) 438-1157. Look for the daily menu within the calendar on page 5. A \$2 donation is recommended.

**Is Your Birthday in July?** If so, join us for your FREE birthday lunch and cake at noon on 7/28. Don't forget to call and reserve your meal by noon on the 27th!

**Coffee & Conversation** Each Monday at 9:30AM Join us for lively conversation and goodies. All are welcome!

**Men's Breakfast** Join us for hot delicious breakfast and great conversation. Wed 7/12 & 7/26, 8AM.



### **RENT THE SENIOR CENTER**

The Stoneham Senior Center is a perfect setting for celebrating that special event, hosting a family party, or holding a club or group meeting. Our center is located in a converted house on the National Registry of Historic Places and is known for its beautiful rooms and great landscape scenery. The building was originally Stoneham's Second Almshouse. Rental funds go straight to the Senior Center to help us continue programs and serve our seniors. Call Angie for available dates and any other questions, 508-574-6283 or email her at flutterb47@gmail.com.

### **FREE BLOOD PRESSURE CLINIC**

Mon 7/3	No Clinic	Stoneham Board of Health
Mon 7/10	No Clinic	Hallmark Health
Th 7/20	11:30AM-1PM	Gtr Medford VNA/Ask a Nurse
Th 7/27	10-11AM	Gtr Medford VNA/Ask a Nurse

## Health & Wellness

### **DIABETIC SHOE CLINIC**

*Tuesday, August 15th, 1:30PM*

Is Medicare your primary insurance? If so, you are eligible to receive a pair of diabetic shoes and inserts at no cost to you! Please call the Center at 781-438-1157 to make your 10-minute fitting appointment. For your appointment, please bring your Medicare information, supplemental insurance information (if you have any), your doctor's name and phone number, and a completed doctors form. A doctor's form will be sent to you at the time you sign up.

### **BRAIN GAMES**

Have a good time while working your memory, problem solving, and language skills with fun brain games, every other Monday right after lunch at 12:45PM. Mon 7/10 & 7/24. Please join us - *no sign ups necessary!*

### **MEN'S & WOMEN'S HAIRCUTS WITH SIS**

The Barber Shop is open on Monday mornings, 9AM-12:30PM. Haircuts are \$8 at the Senior Center. Walk-ins welcome.

### **THE TRAVELING TOOTH FAIRY**

*Friday, August 18th; 9AM-12PM*

Many people do not have access to dental care for a variety of reasons. It may be that they don't have dental insurance, there is a lack of transportation, financial reasons or simply that there is not a dentist nearby. The Traveling Tooth Fairy, Marcy E. Foreman, RDH, BS, provides "On-Site Oral Healthcare" using portable dental equipment, as allowed by the Board of Registration in Dentistry. Marcy will be visiting the Stoneham Senior Center to offer Dental and Oral Cancer Screenings, Dental Cleanings (including partials and dentures) and Fluoride Treatments. Marcy can also make referrals for additional dental care and assist you in finding a dental office. Dental Cleanings are \$65 and can be reduced based on income and household size. MassHealth and other state dental insurances cover these services. Please call the Senior Center to schedule an appointment.

### **FREE HEARING CLINIC WITH APEX HEARING CARE**

*Wednesday, July 19th, 12PM.*

Sign up for a Free Hearing Screening or a Check of Existing Hearing Aids. Call (781) 438-1157 for an appointment. Call (781) 872-1222 if you have questions.



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 or visit [www.mves.org](http://www.mves.org).

MVES's Referral & Information Service is beginning monthly office hours at the Center. ***In July, staff will be here from 10am to noon on Thursday, 7/20.***

### **SHARPS CONTAINER**

If you need to dispose of needles or other medical sharp instruments, there is a designated medical sharps container located outside of the ladies' room on the first floor at the Senior Center.

### **FIRE AND FALL PREVENTION HOME VISITS**

Get tips on staying safe in your home. These tips will include fire safety and fall prevention. At this time you can sign up for a friendly home visit where the need for smoke detectors, night lights and other safety tools will be assessed. Call the Center to make an appointment.

### **PARKINSON'S SUPPORT GROUP**

The next meeting of the peer-led Parkinson's Disease Support Group will be on Tuesday, 7/11 at 1PM. Meets on the first Tuesday of each month.

### **SENIOR SOCIAL OF STONEHAM**

***Wednesday, July 12th, 2-3PM***

The Senior Social group is a warm, inviting social event for seniors in our community who may have forgetfulness and other memory challenges—and for their family, caregivers, and friends. Everyone is welcome! Come to the Stoneham Public Library to socialize, relax, and have fun! We provide the refreshments and coffee. Enjoy guest artist entertainment and activities with your loved one. The best part of all is that it's free! 2nd Wednesday of each month 2:00—3:00PM Stoneham Public Library RSVP: Rebecca Burke Memory Care Director, The Arbors at Stoneham 781-435-1958

### **ASK THE NURSE**

***I have been having dizzy spells. My doctor called it Vertigo. Can you explain this to me? I did not understand my doctor.***

Vertigo is a sensation of feeling off balance. It is an odd feeling and one that is hard to explain to someone who hasn't experienced it. The primary symptom of Vertigo is a feeling of spinning. You may feel tilted yourself or you may feel that the world is swaying which causes an unbalanced sensation that you are being pulled in on direction. If you have these dizzy spells, you may feel like you are spinning or that the world around you is spinning.

The problem lies in the inner ear. The inner ear helps to regulate balance and when it is not working properly, a person becomes dizzy. The most common causes of Vertigo are:

1. Meniere's disease which is an inner ear disorder thought to be caused by a buildup of fluid and changing pressure in the ear. It can also cause episodes of Vertigo along with ringing in the ears (called tinnitus) and hearing loss.
2. It could be calcium carbonate crystals, which are normally part of the body's balancing mechanism, they may become loose and bounce around in the inner ear, triggering the balancing mechanism incorrectly.
3. Vestibular Neuritis which is usually a viral infection of the nerve that is most important in regulating your balance.

Some folks may experience Vertigo once and not have a problem with it again. Continuous bouts of Vertigo may be a sign of a medical problem. If Vertigo persists then you should see either your PCP, a Neurologist or an Ear, Nose and Throat Specialist for treatment or possible testing.

Treatment for Vertigo depends on the cause and can vary from prescribed head movements to medication or even surgery. During treatment, your medical professional will use your medical history to look for causes and will perform examinations to make a diagnosis.

I hope this helps Dear Reader. Don't be afraid to ask your doctor questions if you do not understand what he is saying to you. Ask him to keep it plain and simple. Sometimes Doctors forget we are not all versed in medical lingo. As Joe Friday was fond of saying "just the facts".

I see you smiling, now go have that cup of tea. and anxious, go and enjoy that cup of tea and relax.

***Peg Drummey, Stoneham Board of Health Nurse, answers your questions on health. To submit a question, check at the front desk or email [StonehamSeniorCenter@gmail.com](mailto:StonehamSeniorCenter@gmail.com).***

# July 2017 Calendar and Menu

Monday	Tuesday	Wednesday	Thursday	Friday
<b>3</b> <b>Stuffed shells*, California chicken salad sandwich</b> 8:30, Wii Bowling 8:30, Sorenson Aerobics 9, Haircuts 9:30, Coffee & Conversation 9:55, Gentle Pilates 10, Cribbage; Craft Group 11, Men's Exercise 12, Balance & Coordination 1-4, SHINE	<b>4</b> <b>There will be no lunch served today in observance of Independence Day</b>	<b>5</b> <b>Chicken orzo soup, Fish w. lemon pepper sauce, Turkey and Provolone cheese sandwich</b> 8:30, Sorenson Aerobics 8:30, Walking Club 9:45, Chair Yoga 10, Knit/Crochet 11-2, SHINE 11, Line Dancing 12:30, BB Bridge 1, Bingo	<b>6</b> <b>INDEPENDENCE DAY SPECIAL</b> <b>Oven "fried" chicken w. potato salad, Roast beef &amp; Swiss cheese sandwich</b> 8:30, Zumba Gold 9:15, Gentle Pilates 9:30, Painting 10:15, Sorenson Aerobics 12, Flexibility & Strength 12:30, Movie & Pizza 12:45, Men's Cards 1:15, Chair yoga	<b>7</b> <b>Veggie bruger (V), Egg salad sandwich (V)</b> 8:30 Sorenson Aerobics 9:30, Pickleball (at BGC, 15 Dale Ct) 9:45, Gentle Yoga 10, Cribbage 10, Canasta 1, Board & Card Games 1, Scrabble 2, Billiards
<b>10</b> <b>Chicken noodle soup, Orange almond chicken, Tuna salad sandwich</b> 8:30, Wii Bowling 8:30, Sorenson Aerobics 9, Haircuts 9:30, Coffee & Conversation 9:55, Gentle Pilates 10, Cribbage; Craft Group 11, Men's Exercise 12, Balance & Coordination 1-4, SHINE	<b>11</b> <b>Macaroni &amp; Cheese (V), Seafood salad sandwich</b> 8:30, Sorenson Aerobics 8:45, Bridge 9:30, Chair Caning 12:30, Mah-Jongg 12:45, Men's Cards	<b>12</b> <b>Escarole &amp; bean soup, Swedish meatballs over egg noodles, Curry chicken salad sandwich</b> 8:30, Sorenson Aerobics 8:30, Walking Club 9:45, Chair Yoga 10, Knit/Crochet 11-2, SHINE 11, Line Dancing 12:30, BB Bridge 1, Bingo	<b>13</b> <b>Minestrone soup, Broccoli and mushroom quiche (V), Roast beef &amp; Provolone cheese sandwich</b> 8:30, Zumba Gold 9:15, Gentle Pilates 9:30, Painting 10:15, Sorenson Aerobics 12, Flexibility & Strength 12:30, Movie & Pizza 12:45, Men's Cards 1:15, Chair yoga	<b>14</b> <b>Fish Florentine w. orzo, Turkey chef salad</b> 8:30 Sorenson Aerobics 9:30, Pickleball (at BGC, 15 Dale Ct) 9:45, Gentle Yoga 10, Cribbage 10, Canasta 1, Board & Card Games 1, Scrabble 2, Billiards
<b>17</b> <b>Italian vegetable soup, Turkey roasted w. gravy, Egg salad (V) sandwich</b> 8:30, Wii Bowling 8:30, Sorenson Aerobics 9, Haircuts 9:30, Coffee & Conversation 9:55, Gentle Pilates 10, Cribbage; Craft Group 11, Men's Exercise 12, Balance & Coordination 1-4, SHINE	<b>18</b> <b>Aloha chicken w. white rice, Ham &amp; Provolone cheese sandwich**</b> 8:30, Sorenson Aerobics 8:45, Bridge 9:30, Chair Caning 12:30, Mah-Jongg 12:45, Men's Cards	<b>19</b> <b>Vegetable soup, American chop suey, Seafood salad sandwich</b> 8:30, Sorenson Aerobics 8:30, Walking Club 9:45, Chair Yoga 10, Knit/Crochet 11-2, SHINE 11, Line Dancing 12:30, BB Bridge 1, Bingo	<b>20</b> <b>Seafood chowder, Salmon boat w. dill sauce, BBQ chicken, mozzarella, &amp; red onion sandwich</b> 8:30, Zumba Gold 9:15, Gentle Pilates 9:30, Painting 10:15, Sorenson Aerobics 12, Flexibility & Strength 12:30, Movie & Pizza 12:45, Men's Cards 1:15, Chair yoga	<b>21</b> <b>Hot dog** w. baked beans, Tuna salad sandwich</b> 8:30, Sorenson Aerobics 9:30, Pickleball (at BGC, 15 Dale Ct) 9:45, Gentle Yoga 10, Cribbage 10, Canasta 1, Board & Card Games 1, Scrabble 2, Billiards



Monday	Tuesday	Wednesday	Thursday	Friday
<b>24</b> Escarole & bean soup, Chicken marsala over ziti, Cold meatloaf sandwich 8:30, Wii Bowling 8:30, Sorenson Aerobics 9, Haircuts 9:30, Coffee & Conversation 9:55, Gentle Pilates 10, Cribbage; Craft Group 11, Men's Exercise 12, Balance & Coordination 1-4, SHINE	<b>25</b> Lentil stew w. herbed brown rice, Deluxe turkey sandwich 8:30, Sorenson Aerobics 8:45, Bridge 9:30, Chair Caning 12:30, Mah-Jongg 12:45, Men's Cards	<b>26</b> Clam chowder, Sweet potato fish in cream sauce, Egg salad (V) sandwich 8:30, Sorenson Aerobics 8:30, Walking Club 9:45, Chair Yoga 10, Knit/Crochet 11-2, SHINE 11, Line Dancing 12:30, BB Bridge 1, Bingo	<b>27</b> Chicken vegetable soup, Stuffed pepper, Vegetable chef salad (V) 8:30, Zumba Gold 9:15, Gentle Pilates 9:30, Painting 10:15, Sorenson Aerobics 12, Strength & Balance 12:30, Movie & Pizza 12:45, Men's Cards 1:15 Chair Yoga	<b>28</b> Roast pork w. pineapple & dried fruit sauce, Chicken salad sandwich 8:30 Sorenson Aerobics 9:30, Pickleball (at BGC, 15 Dale Ct) 9:45, Gentle Yoga 10, Cribbage 10, Canasta 1, Board & Card Games 1, Scrabble 2, Billiards

**31**  
**Chicken w. herbed honey  
 mustard sauce, Seafood  
 salad sandwich**  
 8:30, Wii Bowling  
 8:30, Sorenson Aerobics  
 9, Haircuts  
 9:30, Coffee & Conversation  
 9:55, Gentle Pilates  
 10, Cribbage; Craft Group  
 11, Men's Exercise  
 12, Balance & Coordination  
 1, Zentangle  
 1-4, SHINE

**See Meal Site Manager, Henry  
 Fountain, for sodium & calorie  
 details. Each day you may select  
 from a hot or cold lunch.**  
**\*\* Indicates a high sodium meal.  
 (V) Indicates a vegetarian item.**

**"... Stoneham Senior Center is a happy place for me. From the moment you  
 enter, you feel welcomed by staff, senior members, instructors, volunteers.  
 The grounds and building are inviting and beautiful as well as nostalgic. Words  
 I would use to describe it are interesting, friendly, positive attitude, learning,  
 trying new things, and taking care of me better so I can be a better person to  
 others."**

Senior Center/Council on Aging Partner:  
**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, the weekly Bargain Barn, annual  
 appeals, raffles, and the penny jar, along  
 with special events. Programs supported by  
 the Friends are indicated with the handshake  
 logo.



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**136 Elm Street  
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 StonehamSeniorCenter.org**  
**Hours:  
 Mon - Fri 8:30AM - 4PM  
 Lunch at Noon**

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# WHAT'S GOING ON AT THE CENTER?

We take a look back at some of the things that happened at the Senior Center this past month.



*Pickety Place from the trip last month*



*The Senior Center chorus group members*



*Riley Gill & Denine Dost. Riley will be a senior in September and helping with "Movies & Pizza" this summer*



*Candace Quigley, registered dietitian from MVES cooking demo*



*Happy Birthday Henry!*



*Stoneham Community Chorale members at their June performance*



## Government

### **TOWN SELECTWOMAN CAROLINE COLARUSSO**

Holds office hours at the Center on the last Friday of the month from 9-10:30am

### **STATE SENATOR JASON LEWIS**

Holds office hours at the Center on the 2<sup>nd</sup> Friday of each month at 1:30PM.

### **STONEHAM COUNCIL ON AGING**

Board of Directors meet on the third Tuesday, 6/20, at 3PM at the Center. Meetings are open to the public.

**TOWN ADMINISTRATOR** The town administrator, Tom Younger, will be at the center on the 1<sup>st</sup> Thursday of the month. Thursday, 6/1 at noon.

## Human Services

### **ATTORNEY FOR SENIORS**

Free legal assistance is available for seniors once per month. Attorney Karol Bisbee will visit the Senior Center on Tues 6/6 at 2PM. 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.

### **SHINE COUNSELING**

Confidential counseling available to the Center on Mondays from 1-4PM and Wednesdays 11AM-2PM. Get help with such topics as Medicare, Medicaid, and prescription drug coverage. Call (781) 438-1157.

### **MASS DENTAL SOCIETY**

Guide to sources of low/no cost dental care. Website: massdental.org Telephone: 1-800-342-8747

### **PHARMACY OUTREACH PROGRAM**

Through Massachusetts College of Pharmacy and Health Services Website: mcphs.edu/pharmacyoutreach Telephone: 1-866-633-1617

## Trips

**DAYTRIPS WITH NANCY** Event Coordinator, Nancy McInerney, coordinate these daily trips to various locations throughout New England. **Checks or cash, no bills over \$50 please.**

**STONEHAM THEATRE: "Menopause the Musical"** Wednesday, July 12, 2017; Showtime: 2:00 PM; Ticket Price: \$42; Deadline: Friday, July 7th Please make checks payable to: Stoneham Theatre

Four women at a lingerie sale with nothing in common but a black lace bra AND memory loss, hot flashes, night sweats, not enough sex, too much sex and more! This hilarious musical parody set to classic tunes from the '60s, '70s and '80s will have you cheering and dancing in the aisles! See what millions of women worldwide have been laughing about for more than 10 years!

**STONEHAM THEATRE: "The Edwards Twins, Master Impersonators"** Thursday, July 20, 2017; Showtime: 2:00 PM; Ticket Price: \$40; Deadline: Friday, July 14th Please make checks payable to: Stoneham Theatre

Cher, Lady Gaga, Streisand, and more...

Twin brothers Anthony and Eddie Edwards perform in dazzling costumes, with LIVE singing, and no gimmicks, just plain talent. Back by popular demand, it's a not-to-be-missed experience!

**SEASHORE TROLLEY MUSEUM** Sunday, July 23, 2017; Depart: 8:15 AM / Return: 5:30 PM; Price: \$67; Please sign up by Thurs., 7/6/17 to secure your seat.

Start the morning with a visit to the Seashore Trolley Museum in Kennebunkport, Maine. It is the largest Electric Railway Museum in the World! Their collection includes vehicles from almost all major cities in the United States that had streetcar systems, as well as from other cities across the globe. We will then head to lunch at the Weathervane Seafood Restaurant. Meal choices for today will be their Famous Fish & Chips, Sefarer Fried Native Shrimp, Grilled Chicken Caesar Salad or Cheeseburger Dinner. Before heading home we'll have time for shopping at the Kittery Outlets.

**NEWPORT PLAYHOUSE: "Baggage"** Sunday, August 6, 2017; Depart: 8:30 AM Return: 6:30 PM; Price: \$89 Reserve your ticket by 7/14/17 to secure a seat.

By popular demand we are off to the Newport Playhouse for Lobster Fest 2017, one of the best buffets in RI! Yummy, boiled lobster, shrimp cocktail, mussels, clam chowder, barbeque chicken, potatoes and much more! After our amazing buffet we'll watch "Baggage." Two difficult single people, both trying to heal from their respective disappointing relationships, get their luggage mixed up at the airport. After a very disagreeable first encounter the two decide to help each other get over their heartaches by forcing a friendship that eventually leads to the two discovering that while they may be too difficult for everyone else in the world, they are perfect for each other. Before we leave we will enjoy a fun-filled cabaret!

For More Information, check at the front desk or call (781) 438-1157. Please park at the rear of the parking lot behind the Barn for day trips. We regret that we cannot provide special assistance with walking, dining and personal needs on trips.

Trip Cancellation Policy: Cancellation on or before registration deadline: Full refund. Cancellation after registration deadline: No refund

Senior Center staff reserve the right to modify itinerary as conditions require during trips.

## Tai-Chi Series

Help your body work for you! Find pain relief, reduced stiffness, and a better quality of life through Tai Chi. Taught by certified instructor Susan Becker, our Tai Chi is based on the methods of Dr. Paul Lam. It is often described as "meditation in motion," harmonizing body and mind by practicing slow continuous movement accompanied by deep breathing. There's growing evidence that this mind-body practice has value in treating or preventing many health problems. Our practice is gentle, requiring a small range of motion, and can be done standing or seated. All are welcome to this program sponsored by Mystic Valley Elder Services. This class is free.

### Beginner Class

This class is an introduction to sun style Tai Chi. It's perfect for beginning practitioners.

### Advanced Class

Continue to practice Tai Chi and expand your knowledge of new forms. Some experience with Tai Chi is helpful for enjoyment of this class.

**THIS CLASS WILL BE BACK IN SEPTEMBER**

## 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. We offer daily pickups from Finnegan Hall at 9:30AM. **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.**

**Cheap Eats** - Tuesdays 11:30AM-3PM

\$3 + cost of your lunch. Call (781) 438-1157.

**Grocery Shopping** - Pickup between 8:45-9:15AM (3 Bag Limit), \$2

Wed. - Leisure Ln, Mountain View Dr. & Finnegan Hall  
Fri. - Private homes

**Main Street Quick Stops** - Thursdays 9-11AM; \$2

Starts at CVS in Redstone and runs continuously to the Library and back. Call the day before for home pick-up before 9AM.

## Fitness

### WEEKLY CLASSES

*Get moving, get grooving, get fit, get healthy with the variety of exercise programs we have at the Center. Call (781) 438-1157 for information or to sign-up.*

#### Monday

- » Jacki Sorenson Aerobics; 8:30AM-9:30AM, \$5
- » Gentle Pilates with Alice; 9:55AM-10:45AM, \$4
- » Men's Exercise; 11AM-12PM, \$4
- » Balance & Coordination with Nancy; 12-1PM, \$4

#### Tuesday

- » Jacki Sorenson Aerobics; 8:30AM-9:30AM, \$5; July 11th-Aug 29th

#### Wednesday

- » Jacki Sorenson Aerobics, 8:30AM-9:30AM, \$5 (Free for first-timers)
- » Walking Club, 8:30AM, FREE, Approximately 1 mile. Newcomers get a shirt and pedometer. Breakfast to follow sponsored by Stoneham Credit Union.
- » Chair Yoga, 9:45AM, \$2
- » Line Dancing, 11AM, FREE
- » Bocci, 10AM, FREE

#### Thursday

- » Zumba Gold, 8:30-9:15AM, \$4\*
- » Gentle Pilates, 9:15-10:00AM, \$4\*
- \* \$6 to take both classes (\$2 discount)
- » Jacki Sorenson Aerobics, 10:15-11:15AM, \$5
- » Flexibility & Strength with Nancy, 12PM-1PM, \$4
- » Chair Yoga, 1:15PM, \$2

#### Friday

- » Jacki Sorenson Aerobics, 8:30-9:30AM, \$5
- » Gentle Yoga with Leila, 9:45-10:45AM, \$5
- » Pickleball, 9:30-11:30AM, Boys & Girls Club, 15 Dale Court, FREE thanks to Life Care Center of Stoneham
- » Billiards, after 2PM

**Shopping Trip to Walmart** - Fri 7/28, 1-3PM; \$2

### ADDITIONAL TRANSPORTATION SERVICES

#### Medical Appointments

Transportation is available to medical appointments upon availability of a volunteer driver. 14 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 (617) 222-2070.

#### Trip Metro North

Get where you need to go with this free program of Mystic Valley Elder Services, that reimburses friends and neighbors who give you rides. Call the TRIP specialist at (781) 388-4819 to apply.

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**The Bargain Barn is officially open!**

## Thank You to Our Generous Donors

### DONATIONS TO THE CENTER

Alice Jefferson for preparing and filing of 2016 tax return  
Paul Shiner  
Frank Liu  
Carolyn A. Mahoney  
Edward & Natalie Lemberg  
Anonymous

### BARGAIN BARN

The Bargain Barn is back, Thursdays 10AM-2PM! Donations are currently being accepted.

We are grateful for clean, gently used goods: costume jewelry, watches, antiques, lamps, picture frames, artwork, posters, dishes, cups, stemware, kitchen gadgets, pots, pans, utensils, linens, flatware, handbags, unopened puzzles, knick-knacks, craft supplies, books, DVD movies, music CDs, small furniture, hand tools (not power), mirrors, small gardening tools in good condition.

Volunteers are also needed for a variety of jobs and shifts! If interested, contact Mary Z at (781) 438-1157, Tuesday through Thursday.

**Sponsored by Senior Center Friends, Inc., a 501(c)(3) non-profit**



### DONATION FORM

Yes! I want to help support the Senior Center. My donation in the amount of \$\_\_\_\_\_ is enclosed. Checks payable to: Stoneham Senior Center, 136 Elm Street, Stoneham MA 02180.

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