



# Stoneham Sentinel



## January 2025



Sponsored in part by the Senior Center Friends



Happy New Year to all the visitors and members of the Stoneham Senior Center. We value each and every one of you. The rush of the holiday season is behind us and we can all take a deep breath and enjoy the crisp January weather. Amanda has some great winter safety tips on page 8.

We also want to remind folks who might need a bit of extra help during the winter to give us a call. If we can't help we will find someone who can.

Once again, Stoneham Senior Center is happy to offer Tax preparation services for our community, in partnership with volunteers from the AARP Foundation and IRS Tax Assistance programs. We will start providing tax preparation services in February 2025 for the 2024 tax year. Signups for appointments will begin in January. Call 781-438-1157.

All my best, Kristen

**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!

**Council on Aging Hours : Monday—Friday  
8:30-4pm**

**Council on Aging Team:**

- Kristen Spence, *Director*
- Amanda Costain, *Outreach/ Assistant Dir.*
- Sandy Kirby, Carol Johnston, *Admin Asst*
- Gary Cooper, Marshall Stokes ,  
*Van Drivers*
- Peter Barnaby, Bob Pettengill, *Custodians*
- Kathy Payne, Theresa Duggan, *Reception*
- Danielle Berardis, *Website Mgr*

**Council on Aging Board of  
Directors**

- Kathleen Hudson, *Chair*
- Maureen Buckley,
- Bill Kelly, Denise Kneeland,
- Samantha Lino, Joan Lupis,
- Maureen McGinness, Traci
- Mello, Connie Rosa,
- Walt Wolonsavich

 Find us on  
**Facebook**



**SCAN ME**

**Closed due to the  
following observances**

- New Year's Day-  
Wednesday, Jan 1, 2025 &
- Martin Luther King Jr. Day-  
Monday, Jan 20, 2025



The Stoneham Council on Aging is an inclusive community, welcoming seniors of all sexual orientation, gender identity, race, cultural background and ability.



# News, Info and Events

\* As a reminder please call the Stoneham Senior Center to register for programs \*



Men's Breakfast will be held on the 3rd Thursday of the month. Come have a nice warm breakfast with great conversation! The next one will be January 16th. Sponsored by the Senior Center Friends. No reservations required. Food is served at 8:30am.



**Veteran Information!** The veterans' coffee hour will be held on Tuesday January 14th at 10am in the craft room. No reservations required.

**New Addition!!** Strength and Balance with Terry. Join us for this new addition to your Friday routine! Movement is a great way to start the weekend off right. Join us on Fridays from 11:15am to 12:15pm in the Ballroom. Cost is \$4 per class.



### Free Hearing Clinic with Mara from At Home Hearing Clinic

When: Tuesday, January 7th from 10am to 12pm. Mara will offer free hearing screenings, clean and check your wearing devices for free!



On Fri. January 31st from 11a-1p, join us for a **lunch and learn** on emailing and texting 101! New to email and text messaging? Come learn best practices when emailing and texting. If you are not new to emailing or texting, you may learn something new. Reservations are required, 781-438-1157

The Boys and Girls Club of Metro North and its programs are funded by a gran from Mystic Valley Elder Services, the Massachusetts Executive Office of Elder Affairs, and the Federal Administration for Commu-



**Outreach coffee hour with Amanda Costain, Outreach/Assistant Director** on Thursday, January, 9th from 10-11am to talk about long term care/short term planning with **Bear Hill Healthcare and Rehab of Stoneham.**



### Blood Pressure Clinic with Heidi, Public Health Nurse

Be in charge of your heart health!  
Come get your blood pressure checked!  
**When:** Wednesday, 1/8 from 10am-11am

### ZENTANGLE

Monday from 12:45-1:45pm at the center. The instructor Susan MacFarlane will be on Zoom teaching on the screen. Thanks to the Senior Center Friends for sponsoring this class No fee to participants. Zentangle is an American method for drawing, which not only promotes concentration and creativity but at the same time increases personal well-being. No artistic talent required!



**Trip Talk with Cheryl from All Around New England!** Join us on Monday, March 3rd at 1pm to learn about the upcoming trips! Sign up required! (781) 438-1157

### ARTMatters— Monday January 13th at 2pm.

#### **THE NORTHERN RENAISSANCE**

The Northern Renaissance includes some of the greatest artists and the boldest innovations, not the least of which is the invention of oil painting itself. Join us to view some Old Masters artwork from Flanders, Holland, Germany, England, & France.



# News, Info and Events

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## MelroseWakefield Hospital's Aging in Balance Classes January 2025

### **\*\*For a Healthy 2025, join us for our Winter Wellness Series\*\***

In January, February and March we will be offering online health education classes focusing on heart health, blood pressure management, stroke prevention, nutrition and more.

#### **Knowledge Up...Pressure Down**

Join this "must attend" program suitable for anyone with high blood pressure or for those seeking to prevent high blood pressure. Learn ways to keep your blood pressure in the healthy zone including what a heart healthy diet is, stress management techniques, sodium intake and much more. Joya Pezzuto, Community Outreach Nurse, will facilitate this informative class.

**When: Tuesday, January 7 at 10 a.m.**

**Where: Online via Zoom** (If you need a refresher on how to use Zoom or have never used it before contact us for a free 1:1 training session).

**To register: email [AginginBalance@tuftsmedicine.org](mailto:AginginBalance@tuftsmedicine.org) or call 781-338-7559**

#### **Stroke Prevention**

This evidence-informed class could save a life! According to the CDC, "Stroke is a leading cause of death in the United States and is a major cause of serious disability for adults." Living a healthy life has been shown to protect your heart, reduce your risk of stroke, and increase your sense of wellbeing. In this program you will learn about types of stroke, risk factors, stroke warning signs and about healthy habits to help reduce your risk of stroke.

**When: Tuesday, January 21 at 10 a.m.**

**Where: Online via Zoom** (If you need a refresher on how to use Zoom or have never used it before contact us for a free 1:1 training session).

**To register: email [AginginBalance@tuftsmedicine.org](mailto:AginginBalance@tuftsmedicine.org) or call 781-338-7559**

#### **Coffee & Conversation**

**Teleconference calls are every second and fourth Wednesday, 2-3 p.m.  
Wednesday, January 8 and 22**

Join in these twice monthly calls for conversation, support, resource sharing and tips to reduce stress and anxiety. No need to register, just call in! **PHONE: 1-646-558-8656 and when asked, enter meeting ID 131-672-167##**

#### **Grandparents Raising Grandchildren- Online meetings**

Are you a grandparent raising your grandchild or a kinship caregiver of a child? You are not alone! Join us for supportive and educational meetings held monthly online. They offer a wonderful way to network with other grandparents while sharing resources, education, and conversation. Custodial, guardian and caregiver grandparents and kinship caregivers welcome. **Call 781-338-7559 or email [AginginBalance@tuftsmedicine.org](mailto:AginginBalance@tuftsmedicine.org) to find out more.**

#### **Free Financial Advice Monday 1/13 2-4pm**

Dana Rodrigues, the owner and financial planner at Affiliated Financial Group in Wakefield, MA, has been in financial services for over 30 years. He prides himself on providing financial guidance to anyone, no matter the financial situation. Take advantage of this offer to get complimentary financial guidance. Sign up for 15 minute appointments at the Center.

**From Mystic Valley Elder Services: Hot or cold option is available for lunch on Mondays thru Thursdays. Please call ahead by noon on the Friday, Tuesday or Wednesday before if you would like to have a lunch reserved for you!  
Check out the menu in the calendar!**





# Games; Entertainment; Crafts



PIZZA and MOVIE! Thursdays at 12:30pm with thanks to Andrea's Pizza of Stoneham for their delicious pizza! A donation of \$2.00 is requested

1/2/25 Aloha 2015 2 hrs. 28 min. While on assignment in Oahu, Hawaii, military contractor Brian Gilcrest (Bradley Cooper) reconnects with his old flame Tracy Woodside (Rachel McAdams). He also spends time with Allison Ng (Emma Stone), a hard-nosed fighter pilot who watches every move that he makes.

1/9 Peanutbutter Falcon 2019 2 hrs 38 min. After running away from a residential nursing home to pursue his dream of becoming a pro wrestler, a man who has Down syndrome befriends an outlaw who becomes his coach and ally.

1/16 It Ends With Us 2024 2hrs. 33 min. Lily Bloom moves to Boston to chase her lifelong dream of opening her own business. A chance meeting with charming neurosurgeon Ryle Kincaid soon sparks an intense connection, but as the two fall deeply in love, she begins to see sides of Ryle that remind her of her parents' relationship

1/23 Unfrosted 2024 2 hrs. 27min. In 1963, Kellogg's and Post, sworn cereal rivals, race to create a pastry that will change the face of breakfast forever.

1/30 The Man From U.N.C.L.E. 2015 2 hrs. 34 min. At the height of the Cold War, a mysterious criminal organization plans to use nuclear weapons and technology to upset the fragile balance of power between the United States and Soviet Union



## Game Time!



- **BINGO**– Grab a card or two Wednesday 1-3pm *What a great way to get out and have some fun for just a dollar a card!*
- **Card Games**– Cribbage Mondays and Fridays 10am–12pm; Hand and Food Canasta Fridays 11am-1:30pm; and Bridge Wednesdays 1-4p
- **Mahjong**– *Mahjong will challenge you to use your brain and strategize and make decisions! Great for Brain Health! Tuesdays 12:30-3:30pm.*
- Rummikub group every other Friday @ 10am in the Dining Room! 1/3, 1/17and 1/31

### TIMELESS TRIVIA

**Tues 1 pm 1/14 and 1/28**

Come for coffee, snacks, prizes, and games! Volunteers are needed and welcome! Always looking for new questions/answers or to host the trivia, please call us!



**SENIOR BOWLING FUN!** We are not a league but we have a lot of fun! All are welcome! We meet at Bowlarama in Wakefield every Monday at 10:15am. We bowl 2 strings. No sign up-just show up!



### KNIT/CROCHET WITH LOUISE

**Wednesdays at 10**



**Monthly Birthday Celebrations!**  
Last Wednesday of the month during BINGO. Enjoy cake and a fun game of BINGO. Cake provided by Stoneham Municipal Employees Federal Credit Union!  
**1/29/25**

# Health and Wellness

\$4 PER CLASS payable to the instructor

**Zumba fitness with Aimee** Mondays and Wednesdays at 11:30 am \$4 per class or \$6 for both

**Weight training with Aimee** Mondays at 12:30pm Weight training experience recommended.

**Interval Training with Aimee** (Combining cardio with toning exercises) Wednesdays at 12:30pm

**Drums Alive** Mondays 9:45-10:30am Walk in! No pre-registration required!

**Line Dancing** Weds at 2:30pm at the center, fun, healthy and rewarding activity for all

**Relax, Meditate and Reiki with Angela Shea** Thursdays 12:30 pm

**Chair yoga with Rosa** Thursdays 2 pm

**Toning with Terry Fridays @ 11:15**



## **Free Tai Chi Classes**

Beginning Tai Chi with Sherry on Thursdays @ 10-10:50. Then Extension moves from 11-11:30am  
Friday @ 10am Intermediate with Jon

***Haircuts on the second Tuesday 1/14 at 1pm-2:30 No appointment necessary***



**Geriatric Foot care** specialist *with Marie Anderson, RN!* Marie will be here at the senior center on the first Tuesday of every month from 10am-2pm. She will examine you and answer all your questions about foot care! Marie is a registered nurse and has over 30 years of experience! Call the center for **an appointment**, **\$20.00 per visit** (781) 438-1157



Stoneham Senior Center in conjunction with Mystic Valley Elder Services will offer different programs for the community such as open office hours with a Clinical Caseworker and a Memory Café. A Clinical Caseworker help folks navigate challenging feelings, stress and can connect with you with a Behavioral Health Specialist if needed to talk about those feeling that are weighing heavy on you. A Memory Café is a social gathering that allow folks experiencing memory loss and a loved one to connect, socialize and build new support networks. Clinical Casework, Amy Foreman has open office hours at the center on the 2nd Monday of each month from 10-11am, no appointment necessary.

- Memory Café is Thursday January 2nd. This month wreath making craft
- Amy's office hours– Monday 1/13/25



**Do your hands serve you well? Or do they sometimes ache or cause you pain? Are some common tasks difficult for you to do, like opening jars, turning keys, or cutting with a knife? Carol Seplowitz is a retired Occupational Therapist and Certified Hand Therapist who may be able to help. She is sharing her knowledge and services a few hours per week. She can teach you how to massage your hands, teach you simple exercises to improve flexibility, or explore adaptive equipment and methods to make tasks easier. Carol will be available on Monday afternoons, 2-4p. She will see people individually for 40 minutes each for **\$10.00 per session**. Sign up with the center to make an appointment.**

# January 2024

Monday	Tuesday	Wednesday
<p>Lunch is served Monday—Thursday Call to reserve your lunch! @ 781-388-2303</p>		<p>1 Closed due to</p>
<p>6 9:45 Drumming 10a-12p Cribbage 11:30a Zumba Fitness 12p Lunch 12:30p Weight interval training 12:45 Zentangle 2-4p Helping Hands <b>Lunch: Chicken Marsala w/Potatoes OR Ham &amp; Swiss Cheese Sand. w/ Quinoa Tabbouleh Salad</b></p>	<p>7 9-1pm Foot care with Marie 9-11a Chair Caning 10a-12pm Free Hearing Clinic 12 MVES Lunch 12:30-3:30 Mahjong <b>Lunch: Potato Pollock, lemon wedge, Quinoa Pilaf OR Chicken Salad Sand.</b></p>	<p>8 8:45a Walk 10am Blood 10a-12p Kn 11:30a Zum 12p Lunch 12:30p Car 1-3pm BING 1-4 Bridge 2:30pm Lin <b>Lunch: Chicken Meat Pasta OR Tuna Salad</b></p>
<p>13 9:45 Drumming 10-11am Behavioral health 10a-12p Cribbage 11:30a Zumba Fitness 12p Lunch 12:30p Weight interval training 12:45 Zentangle/ 2pm Art Matters 2-4p Helping Hands 2-4 Financial Advice <b>Lunch: Chicken Meatballs OR Chicken Curry Sand.</b></p>	<p>14 9-11a Chair Caning 10a Veteran's Coffee 12 MVES Lunch 12:30-3:30 Mahjong 1pm Hairdresser 1pm Trivia 2-4 Attorney 12:30 Walmart (?) <b>Lunch: Chicken Scaloppini &amp; Veg Soup OR Chicken Salad Sand.</b></p>	<p>15 8:45a Walk 10am Blood 10a-12p Kn 11:30a Zum 12p Lunch 12:30p Car 1-3pm BING 1-4 Bridge 2:30pm Lin <b>Lunch: Macaroni &amp; Cheese Sand.</b></p>
<p>20 <b>Closed due to the observance of Martin Luther King Jr. Day</b></p>	<p>21 9-11a Chair caning 12 MVES lunch 12:30-3:30p Mahjong <b>Lunch: Beef Chili w/ Brown Rice OR Chef Salad w/ Tuna, Broccoli Salad</b></p>	<p>22 8:45a Walking 10a-12p Knit/Cro 11:30a Zumba F 12p Lunch 12:30p Cardio w 1pm BINGO 1-4p Bridge 2:30p Line dan <b>Lunch: Chicken Dian</b></p>
<p>27 9:45 Drumming 10a-12p Cribbage 10a-12p Assorted Games 11:30a Zumba Fitness 12p Lunch 12:30p Weights interval 12:45 Zentangle 2-4p Helping Hands <b>Lunch: Cheese Omlet w/ Sausage OR Tuna Sand.</b></p>	<p>28 9-11a Chair caning 12 MVES Lunch 12:30-3:30p Mahjong 1pm Trivia 12:30 Walmart (?) <b>Lunch: Lasagna Roll w/ Chicken meatball OR Roast Beef &amp; Provolone Cheese Sand.</b></p>	<p>29 8:45a Walking C 10a-12p Knit/Cro 11:30a Zumba F 12p Lunch 12:30p Cardio w 1-3p Bingo 1-4p Bridge 2:30p Line dan <b>Lunch: Pork w/ apple</b></p>

	Thursday	Friday
<p><b>o New Year's Observance</b></p>	<p><b>2</b> 10:00- 11:00 Tai Chi 10:30a– Memory Cafe 12p Lunch 12:30p Pizza/ Movie 12:30 Relax, Meditate and Reiki 2p Chair Yoga with Rosa</p> <p><b>Lunch: Teriyaki Chicken Meatballs OR Roast Beef &amp; Provolone Cheese Sand.</b></p>	<p><b>3</b> 10a-12p Cribbage 10a Rummikub 10a Intermediate Tai Chi 11:15-12:15p Strength/ Balance 11-1:30p Hand/Foot Canasta</p>
<p>king Club Pressure check with Heidi itting/Crocheting with Louise nba Fitness w/ Aimee</p> <p>dio w/toning exercises w/Aimee O</p> <p>e Dancing <b>balls w/Tomato Basil Wine Sauce Penne Sand.</b></p>	<p><b>9</b> 10am Caregiver's support 10-11 Tai Chi 10:00-11:00 Tai Chi 10am Outreach Coffee Hr. 12p Lunch 12:30p Movie and pizza 12:30 Relax, Meditate and Reiki 2p Chair Yoga with Rosa</p> <p><b>Lunch: Orzo w/ chicken soup, broccoli egg bake OR Roast Beef &amp; Provolone Sand.</b></p>	<p><b>10</b> 10a-12p Cribbage 10a Intermediate Tai Chi 11:15-12:15p Strength/ Balance 11-1:30p Hand/Foot Canasta</p>
<p>king Club Pressure check with Heidi itting/Crocheting with Louise nba Fitness w/ Aimee</p> <p>dio w/toning exercises w/Aimee O</p> <p>e Dancing <b>heese Or Roast Beef and Provolone</b></p>	<p><b>16</b> 8:30am Men's Breakfast 10-11 Tai Chi 10:00-11:00 Tai Chi 12p Lunch 12:30p Movie and pizza 12:30 Relax, Meditate and Reiki 2p Chair Yoga with Rosa</p> <p><b>Lunch: American Chop Suey OR Mediterranean Turkey Pasta Salad</b></p>	<p><b>17</b> 10a-12p Cribbage 10a Rummikub 10a Intermediate Tai Chi 11:15-12:15p Strength/ Balance 11-1:30p Hand/Foot Canasta</p>
<p>Club ochet w/Louise itness</p> <p>ith toning exercises w/Aimee</p> <p>cing <b>e OR Turkey \$ Swiss Cheese Sand.</b></p>	<p><b>23</b> 10:00- 11:00 Tai Chi 10am Caregiver Support 12p Lunch 12:30p Pizza/ Movie 12:30 Relax, Meditate and Reiki 2p Chair Yoga with Rosa</p> <p><b>Lunch: Roasted Turkey w/ Gravy OR California Chicken Salad</b></p>	<p><b>24</b> 10a-12p Cribbage 10a Intermediate Tai Chi 11:15-12:15p Strength/ Balance 11-1:30p Hand/Foot Canasta</p>
<p>Club ochet w/Louise itness</p> <p>ith toning exercises w/Aimee</p> <p>cing <b>s OR Chicken Romaine Salad</b></p>	<p><b>30</b> 10:00- 11:00 Tai Chi 10am Caregiver Support Group 12p Lunch 12:30p Pizza/ Movie 12:30 Relax, Meditate and Reiki 2p Chair Yoga with Rosa</p> <p><b>Lunch: Chicken w/Sauté Vegetables OR Turkey &amp; Swiss Cheese Sand.</b></p>	<p><b>31</b> 0a-12p Cribbage 10a Rummikub 10a Intermediate Tai Chi 11a-1p Lunch &amp; Learn 11:15-12:15p Strength/ 11-1:30p Hand/Foot Ca</p>

# Outreach Corner

Dear Neighbors,

Happy New Year to you, your friends and family. I hope you all enjoyed the holidays. I am really grateful for another new year at the Senior Center, which also made me reflect on the past year's programming. We had a wonderful year of enrichment programming and hopefully you all had a positive experience coming to the Senior Center.

To recap the last few months, the Senior Center had wonderful programs on Medicare, End of Life Health care directives, transportation, LGBT tea dance at the Melrose Senior Center, Winter Safety and Scams!

Here are some winter safety tips from the November program:

- Practice good body mechanics if you have to shovel your walk way and clean your car by keeping the snow closer to your body.
- Always wear a hat and gloves to prevent frost bite, it could take little as 15 minutes to get frost bit if the wind chill is -25 F.
- Watch out for hypothermia—if your body temperature falls below a certain temperature (below 95 degrees) you could experience drowsiness, confusion or you may want to faint. If you feel these symptoms call 911.
- You should wear at least three layers when out in the cold to retain body heat. The three layer rule is, a base layer to wick away moisture, a middle layer for insulation, and an outer layer to protect from wind.
- Always check your fire and carbon monoxide detectors and always have your heat sources inspected every year to prevent fires.
- Winterize your car before the winter, check the antifreeze and check the tread on the tires. Have basic emergency supplies like a blanket, extra sweatshirt, ice scraper, nuts or dried fruit, a water bottle.
- Use kitty litter or ice melt while you walk in a little baggie to have some traction under your boots.
- If you use a cane, replace the rubber tip before its worn smoother or maybe consider and ice pick attachment at the end of the cane for additional traction.
- You may be eligible for programs to help with heating costs and to winterize your homes like ABCD fuel assistance, weatherization assistance program, or an Eversource discount program.

Here are some scam tips form the Middlesex Sherriff's Office:

- A scam is defined as a fraudulent or deceptive act or operation-usually designed to make money or access information.
- Different type of scams include grandparents scams, romance scams, disaster/ charity scams and, government imposter scams. In 2023, perpetrators posing as government officials reported \$179 million in losses.
- If you write checks, they should be written in gel pens because it is hard to remove the ink when check washing. Perpetrators take legitimate checks out of the mail and later use them to steal money.
- Always check the websites you are purchasing from. The websites could be fake to lure into buying products that interest you.
- Never give out your Social Security or Medicare numbers to anyone or anyone over the phone.
- The newest scam is that someone posing from the Social Security office is offering you a plastic Medicare Card to replace the cardboard copy.
- If you or anyone suspect a scam, you can always call the Stoneham Police at 781-438-1215, the Middlesex Sherriff's Office at 978-667-1711 or FBI Boston at 857-386-2000.

If you have any suggestions for future enrichment programming for educational or entertainment purposes, please reach out to myself or Kristen.

Warmly,  
Amanda C



# Resources

Call for information about any resource at 781-438-1157

## **STONEHAM COUNCIL ON AGING**

Board of Directors meet on the third Tuesday 3 pm at the Center. Meetings are open to the public.

## **SHINE COUNSELING**

Confidential counseling available at the Center in person. Get help with such topics as Medicare, Medicaid, and prescription drug coverage. Available for appointments Tuesdays and Wednesdays.

## **SENATOR JASON LEWIS**

In person at the center every other month. Next date is at 1/6 @12-1pm. Please call the Center for further information.

## **ATTORNEY FOR SENIORS**

Free legal assistance is available for seniors once per month. Elder Law attorney will visit the Senior Center on Tuesday 1/14 from 12-2 and you can schedule a **15-minute appointment**. You will have time for one question and if you wish further advice, you may make a private follow-up appointment.

## **CAREGIVERS SUPPORT**

With Kathy Learned from MVES on the second and fourth Thursday at 10 am; 1/9 and 1/23

## **WALKERS, COMMODES, CANES, OH MY!**

The Senior Center has a large selection of FREE gently used walkers, commodes, canes and other assistive devices. Call for inquiries.

## **Mystic Valley Elder Services' TRIP Program**

If you live in Stoneham and no longer drive and public transportation isn't an option, you can still dine out, get to medical appointments, 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 need to go.

## **Holiday celebrations, programming, and decorating!**



# TRANSPORTATION



Transportation for shopping is available to **Market Basket** on Mondays and Fridays with the use of the Senior Center van. Safety measures, including limited capacity, will be taken to ensure the wellbeing of everyone utilizing the van. A fee of \$2.00 per ride is requested. Please call the center at 781-438-1157 for more details on the transportation services. Limit 2 bags.

**MEDICAL RIDES** If you need a ride to a local **medical appointment**, please call the Senior Center for further details at 781-438-1157.

**WALMART: Tuesday Jan. 7&21** Van leaves the center at 12:30 to pick up passengers and leaves Walmart approximately 2:30 to return to Center. 9 residents max. \$2 per trip.



*Many thanks to the Senior Center Friends for subsidizing cost of transportation, now \$2 per ride!*

**With appreciation for your donation:**

Jan Cinganelli                                      Frank Liu  
The Caners    Beatrice Wheaton  
Jan Houghton—special thanks to SHINE  
Anne Caruso  
John Kelley    Josephine Catalfano  
Beryl Finn  
Linda Doucette



**Memorial:**

Philomena Smith Memorial for Tamburrini Family  
Louise Rose for Hazen Dunn  
Anna Porter Memorial for Howard Porter Jr.

## Thank You To Our Generous Donors

**YES! I WANT TO HELP SUPPORT THE SENIOR CENTER.**

My donation in the amount of \$ \_\_\_\_\_ is enclosed. Please makes 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:

\_\_\_\_\_



#GIVING  
TUESDAY™

The Board of Directors of the  
Senior Center Friends  
wish to thank the generous donors  
who contributed \$1035.52  
on December 2, 2024.