



Stoneham Sentinel



February 2025



Sponsored in part by the Senior Center Friends



Senior Property Tax Work– Off Program

2025 is in full swing the senior tax work off program has begun. The Senior Property Tax Work-Off Program is a program that allows seniors to do volunteer work for their local governments in exchange for a reduction in their property taxes. To be eligible, you must:

- Must be age 60 or older
- Own a home in the city or town where you apply, and pay property taxes on that home
- Meet local program requirements, such as income limits or years of residency
- Offer a skill that your city or town can use

If you take part in a property tax work-off program, you will:

- Work as a volunteer for your city or town at an assigned public service job.
- The program will try to find you a job that matches your skills and interests.
- Be paid no less than the state minimum wage in the form of credit.
- Receive a property tax abatement for your work.
- The Town of Stoneham currently has an abatement of \$750.

Note: You do not have to pay state income tax on your abatement, but may have to pay federal tax. Call the Senior Center for more information (781) 438-1157.

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 Stoneham Senior Center. In this publication, look for the handshake logo showing how your support is

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, Mike Preziosi
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

Monday February 17th in honor of President's Day

Special Openings

Saturday, February 8th
Saturday, February 15th



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 February 20th. 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 February 11th at 10am in the craft room. No reservations required.

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, Feb. 4th from 10am to 12pm. Mara will offer free hearing screenings, clean and check your wearing devices for free! Reservations required!

The Basics 101 with Amanda C. topic downloading the Circuit App! Join Amanda in a tutorial on how to download the Circuit App! Wednesday, Feb 26th 10am. Sign ups required!

End of Life Planning with Barille Funeral Home— They will be discussing the benefits of pre-arranging and pre-planning funeral arrangements, the necessary steps to complete them and the benefits they have in conjunction with estate planning and Medicaid planning. Friday, February 21st at 1pm. Sign ups required!



Outreach coffee hour with Amanda Costain, Outreach/Assistant Director and Fire Capt. Mike Labriola on Thursday, Feb. 27th from 10-11am to talk about the File of Life.



Blood Pressure Clinic with Heidi, Public Health Nurse

Be in charge of your heart health! Come get your blood pressure checked!

When: Wednesday, Feb. 12th from 10am-11am

Lifecare of Stoneham Coffee hour 2/13 @ 10am

Learn about Rehab vs. Long term Care

ZENTANGLE

Monday from 12:45-1:45pm at the Stoneham Senior 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!



ARTMatters— Monday Feb. 10th at 2pm. REMBRANDT & VERMEER

Rembrandt Harmenszoon van Rijn and Johannes Vermeer, two of the greatest painters the world has known. Two brilliant artists, opposite in their artistic styles, but both of whose lives were noted for their tragic struggles and financial failures. Enjoy the drama of Rembrandt and the unique quiet of Vermeer. Take an ArtMatters hour, and connect to the masters.



News, Info and Events

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Happy Valentine's Day! Celebrate with us on **Saturday**, February 15th from 10am to 11am for a History of Chocolate Discussion and a taste of real authentic chocolate by *local History teacher, Michele Gabrielson*. Admission \$5.00. Reservations and admission required!

Michele Gabrielson is a local history teacher and historic interpreter of the 18th century. When she is not teaching in the classroom, Michele can be found leading tours, lectures, and demonstrations at historic sites in the greater Boston area. She specializes in interpreting the history of colonial women printers, the stories of loyalist refugees, and of 18th century chocolate makers!



Happy 250th Birthday Jane Austen! Join Amanda C to celebrate Jane Austen's birthday on Wednesday, February 5th from 10-11am to discuss a book excerpt from one of her novels. (The name of the novel is a surprise!) Wear your pearls, florals or bonnet! Tea and morning treats being served. Reservations required!

Jane Austen was an English novelist known primarily for her six novels, which implicitly interpret, critique, and comment upon the English landed gentry at the end of the 18th century. Austen's plots often explore the dependence of women on marriage for the pursuit of favorable social standing and economic security.

Do you want to hear the greatest love songs of all time? *John Clark Music Historian* will be here on Wednesday, February 12th at 10am. Come and listen to the greatest love song of all time and its history. Maybe one is Endless Love by Lionel Richie or At Last by Etta James, either way, you won't be disappointed! No reservations!



Happy Lunar Year! Celebrate the Lunar New Year with us on Friday, February 7th at 11:30am with a wonderful team performance from HAPPY GARDEN! Join us for food, music, and dance performances. The HAPPY GARDEN team will perform multicultural performances from American, Spanish and Chinese music for everyone to enjoy. Reservations required!

Valentine Card Marking with local artist *Hilary Tolan*— Join us on Friday, Feb 14th from 1:30pm to 3pm for fun and relaxed art class where you will have a chance to create a Valentine to send a friend or a loved on. Experiment with Zentangles, a fun and easy drawing method. If you are not interested in zentagles, we have other supplies to make your own valentine or card. Reservations are required!



Free Financial Advice Monday 2/10 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

2/5 **Emma**— A (2020) period romantic comedy film based on Jane Austen's 1815 novel of the same name. It stars Anya Taylor-Joy as Miss Emma Woodhouse, a wealthy and elegant young woman living with her father in Regency-era England who amuses herself with matchmaking and meddles in the romantic lives of those closest to her. (2 hr 4 min)

2/12 **When Harry Met Sally** (1989) Comedy/Romance—In 1977, college graduates Harry Burns (Billy Crystal) and Sally Albright (Meg Ryan) share a contentious car ride from Chicago to New York, during which they argue about whether men and women can ever truly be strictly platonic friends. Ten years later, Harry and Sally meet again at a bookstore, and in the company of their respective best friends, Jess and Marie, attempt to stay friends without sex becoming an issue between them. (1 hr 36 min)

2/19 **Coach Carter** (2005) Sports/Drama—In 1999, Ken Carter (Samuel L. Jackson) returns to his old high school in Richmond, California, to get the basketball team into shape. With tough rules and academic discipline, he succeeds in setting the players on a winning streak. But when their grades start to suffer, Carter locks them out of the gym and shuts down their championship season. When he is criticized by the players and their parents, he sticks to his guns, determined that they excel in class as well as on the court. (2 hr 16 min)

2/26 **The Six Triple Eight** (2024) War/Drama—Eight hundred and fifty-five join the war effort to address a three-year mail backlog. Despite discrimination and war-torn conditions, they sort over seventeen million pieces of mail ahead of schedule. (2hr 7min)



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 1-4pm
- **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! 2/7 2/21

TIMELESS TRIVIA

Tues 1 pm 2/11 2/25

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!
Wednesday, February 26th

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.

Strength and Balance with Terry Fridays at 11:15am .



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 2/11 at 1pm-2:30 No appointment necessary \$12 Cash



Join the **Walking Club** on Wednesday mornings at 9am!



Geriatric Foot care specialist with Marie Anderson, RN! Marie will be here at the Stoneham 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 helps folks navigate challenging feelings, stress and can connect with you with a Behavioral Health Specialist, if needed, to talk about those feelings 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 February 6th at the Wakefield COA from 10am-11am
- Amy's office hours— On the second Monday of every month, next session February 10th.



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.**

February 2025

Monday	Tuesday	Wednesday
<p>Lunch is served Monday—Thursday from Mystic Valley Elder Services (MVES)</p> <p>Call to reserve your lunch! @ 781-388-2303</p>	<p>SPECIAL SATURDAY PROGRAM! FEBRUARY 15TH THE HISTORY OF CHOCOLATE. DON'T FORGET TO REGISTER. BIRNG A DATE OR A FRIEND WHO LOVES CHOCOLATE!</p>	
<p>3 9:45am Drumming 10a-12pm Cribbage 11:30aa Zumba Fitness 12pm MVES Lunch 12:30p Weight training 12:45pm Zentangle 2-4pm Helping Hands</p>	<p>4 AARP Tax Program 9-11am Chair Caning 9-1am Foot care with Marie 10a-12pm Free Hearing Clinic 12pm MVES Lunch 12:30-3:30pm Mahjong</p>	<p>5 8:45am Walk 10a-12pm Kn 11:30am Zum 12pm MVES 12:30pm Car 1-3pm BINGO 1-4pm Bridge 2:30pm Line</p>
<p>10 9:45am Drumming 10-11am Behavioral health Meeting 10a-12p Cribbage 11:30am Zumba Fitness 12pm Lunch 12:30pm Weight interval training 12:45pm Zentangle 2pm Art Matters 2-4pm Helping Hands 2-4pm Financial Advice</p>	<p>11 AARP Tax Program 9-1pm Foot care with Marie 9-11am Chair Caning 10am Veteran's Coffee 12pm MVES Lunch 12:30-3:30pm Mahjong 1pm Hairdresser 1pm Trivia 2-4pm Elder Law Attorney</p>	<p>12 8:45am Walki 10am Music H 10am Blood P 10am-12pm K 11:30am Zum 12pm MVES 12:30pm Car 1-3pm BINGO 1-4pm Bridge 2:30pm Line</p>
<p>17</p> <p>Center closed due to Presidents' Day</p>	<p>18 AARP Tax Program 9-11am Chair caning 12pm MVES lunch 12:30-3:30pm Mahjong 12-2pm Attorney 3pm COA Board Meeting</p>	<p>19 8:45am Walking C 10am-12pm Knit/C 11:30am Zumba F 12pm Lunch 12:30pm Cardio w 1pm BINGO 1-4pm Bridge 2:30pm Line dan</p>
<p>24 9:45pm Drumming 10a-12pm Cribbage 11:30am Zumba Fitness 12pm MVES Lunch 12:30pm Weights interval 12:45pm Zentangle 2-4pm Helping Hands</p>	<p>25 AARP Tax Program 9-11am Chair caning 12pm MVES Lunch 12:30-3:30pm Mahjong 1pm Trivia</p>	<p>26 8:45am Walking C 10a-12pm Knit/Cro 10am Info session 11:30am Zumba F 12pm Lunch 12:30pm Cardio w 1-3pm Bingo 1-4pm Bridge 2:30pm Line dan</p>

	Thursday	Friday
<p>ing Club itting/Crocheting with Louise ba Fitness w/ Aimee Lunch dio w/toning exercises Dancing</p>	<p>6</p> <p>10:00-11:00am Tai Chi 12pm MVES Lunch 12:30pm Movie and pizza 12:30pm Relax, Meditate & Reiki 2pm Chair Yoga with Rosa</p>	<p>7</p> <p>10a-12p Cribbage 10am Intermediate Tai Chi 11:15-12:15pm Strength/Balance 11-1:30pm Hand/Foot Canasta 11:30am Happy Garden Lunar New Year Performance</p>
<p>ing Club istorian on love songs ressure check with Heidi itting/Crocheting with Louise ba Fitness Lunch dio w/toning exercises Dancing</p>	<p>13</p> <p>10am Caregivers Support Group 10am Info session– Life Care Stoneham 10-11am Tai Chi 12pm MVES Lunch 12:30pm Movie and pizza 12:30pm Relax, Mediate & Reiki 2pm Chair Yoga with Rosa</p>	<p>14</p> <p>10a-12pm Cribbage 10am Rummikub 10am Intermediate Tai Chi 11:15-12:15pm Strength/Balance 11-1:30pm Hand/Foot Canasta 1:30pm Valentine’s Day Zentangles</p>
<p>Club rochet w/Louise itness ith toning exercises w/Aimee cing</p>	<p>20</p> <p>8:30am Men’s Breakfast 10:00- 11:00am Tai Chi 12pm MVES Lunch 12:30pm Pizza/ Movie 12:30pm Relax, Meditate and Reiki 2pm Chair Yoga with Rosa</p>	<p>21</p> <p>10a-12p Cribbage 10a Intermediate Tai Chi 11:15-12:15pm Strength/ Balance 11-1:30pm Hand/Foot Canasta 1pm End of Life Planning</p>
<p>Club ochet w/Louise on Brain Food itness ith toning exercises w/Aimee cing</p>	<p>27</p> <p>10:00- 11:00am Tai Chi 10am Caregiver Support Group 10am Outreach Coffee Hour 12pm MVES Lunch 12:30pm Pizza/ Movie 12:30pm Relax, Meditate & Reiki 2p Chair Yoga with Rosa</p>	<p>28</p> <p>10am-12pm Cribbage 10am Rummikub 10am Intermediate Tai Chi 11am-1pm Lunch & Learn 11:15-12:15pm Strength/ Balance 11-1:30pm Hand/Foot Canasta</p>

Resources

LGBTQ+ COMMUNITY RESOURCES

Find Support Online & Local Community Groups



LOCAL RESOURCES

EPIC (ENGAGING PARENTS IN CONVERSATION)

LGBTQ+ family support group in Melrose (serving the surrounding area)
Contact for info & meeting times:
epicmelrose@gmail.com /
Phone: 781-590-5375

THE NETWORK/ LA RED-BOSTON

Survivor-led, social justice organization that works to end partner abuse in LGBTQ+ communities.
tnlr.org

NORTH SHORE ALLIANCE FOR GAY LESBIAN AND TRANSGENDER YOUTH
Mission to honor, respect, educate, & empower LGBTQ+ youth.
nagly.org

NATIONAL RESOURCES

GLSEN

Gay, Lesbian & Straight Education Network
glsen.org

PFLAG

Organization for LGBTQ+ people, their parents, families & allies
pflag.org

THE TREVOR PROJECT

Organization providing crisis intervention and suicide prevention services to LGBTQ+ & questioning youth. thetrevorproject.org



Resource List Provided by the Boys & Girls Clubs
bgcstoneham.org

love support pride



Going through a tough time?
Help is here.

Are you or someone you care about struggling with mental health and/or substance use?

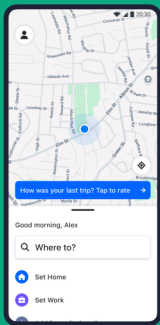
The Massachusetts Behavioral Health Help Line is here for you. 24/7 365

Call or text **833-773-2445**

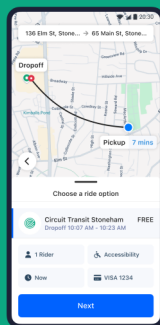
It's free, confidential, and no health insurance is needed.

BEG6932-English

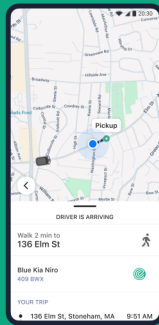
How to use Circuit Transit Stoneham



Schedule a ride with the tap of a button



Get picked up where you want



Share your ride with others heading the same way

Circuit Transportation is providing free door to door rides for Stoneham Residents within town limits. It does not go to Boston or surrounding towns. Errands to run? Friends to visit? Appointments to keep? Just download the app to schedule your ride. Need help to download the Circuit app or to use the app Call (781) 438-1157

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, shop where you like. Call (781) 388-4819 to see if you qualify for TRIP. This great program gives you mileage money to reimburse friends, neighbors, and certain family members for talking you where you need to go.

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 free 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 March 3rd @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 2/18 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; 2/13 and 2/27

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.

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 2/11 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:

Maria Sentence

Sally DeCaro

Roderick Ames memorial for Bette Jane Borges

Maryalyce Pastrorello



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:

FY 26 Stoneham Town Budget Tri-Board and final Public Meeting will take place on Saturday February 8th at 11am in Town Hall

The Stoneham Senior Center will be hosting a screening of the meeting live. If you need transportation, the Circuit bus will be available. The Senior Center is only for **viewing** the meeting if you have any specific questions you should attend the meeting, in Town Hall. Please call the Center to let us know if you will be attending the screening at the COA.

In April, the Senior Center will be hosting a Resource Fair with information about financial help for older adults. Keep an eye out for more information.