

PLEASANTRIES

49 Pleasant Street Reading, MA 01867 (781) 942-6794
 Hours: M-Th: 8:30am - 4:00pm Fr: 8:30am - 12:00pm
www.readingma.gov/elder-and-human-services

Staff Contact Info

Front desk
 (781) 942-6794

Administrator

Chris Kowaleski
 (781) 942-6796
ckowaleski@ci.reading.ma.us

Senior Center Coordinator

Anna Assini
 (781) 942-6658
aassini@ci.reading.ma.us

Sr. Case Manager

Kerry Valle (781) 942-6659
kvalle@ci.reading.ma.us

Nurse Advocate

Alyse Warren RN BSN
 (781) 942-6693
awarren@ci.reading.ma.us

Transportation Coordinator

Joe Beninati (781) 942-6754
jbeninati@ci.reading.ma.us



Highlights for February

- Pg. 1 Winter Wellness Wednesdays February Series
- Pg. 3 Birthday Lunch: Thursday, February 9th
- Pg. 3 Movie and Pizza: Thursday, February 16th
- Pg. 3 Multigenerational Movie and Pizza: Thursday, February 23rd
- Pg. 3 Memory Café: Tuesday, February 14th
- Pg. 6 EHS & COA Coffee Hour: Wednesday, February 22nd
- Pg. 6 Let's Get Digital: Thursday, February 16th
- Pg. 7 Men's Huddle: Wednesday, February 22nd

INCLEMENT WEATHER

Friendly Reminder: If the Reading Public Schools are closed due to inclement weather, the Pleasant Street Center is closed.

WINTER WELLNESS WEDNESDAYS

The Pleasant Street Center is finishing its Winter ARPA funded **Wellness Wednesday Series this month on February 1st, 8th, and 15th**. Each week, participants have enjoyed wellness activities and lectures that have focused on a variety of topics related to living a healthy lifestyle. Each session is held at the **Reading Public Library** in the community room on the ground floor. Lunch will be served after each presentation.

To sign-up for the remaining sessions, please call the Pleasant Street Center at (781) 942-6794.

VALENTINE LUNCH

Join us on February 14th at 12:30pm for the Pleasant Street Center Valentine Lunch.

For questions regarding the Valentine Lunch or to sign-up, please call the Pleasant Street Center at (781) 942-6794.

FUEL ASSISTANCE

Greater Lawrence Community Action Council, Inc. (GLCAC)

<https://glcac.org> for more information
 Christa Crocker from GLAC will be coming to the PSC for 15 minute appointments between the hours of 9:00am and 12:00pm on the following dates:

February 9th and March 16th

Please call 781-942-6794 to book your appointment!

FITNESS

Mondays

B.E.S.T. (Balance, Energy, Strength, Training):

9:00am - 10:00am (\$3.00 per class)

Location: Great Room

Chair Yoga for Arthritis:

11:15am - 12:00 pm (Free)

Location: 2nd Floor

Zumba Gold with Kelli:

2:45pm - 3:30pm (\$5.00 per class)

Location: Great Room

Tuesdays

Body and Brain Flexibility with Yasmin:

10:30am - 11:30am (\$5.00 per class)

Location: 2nd Floor

Senior Fit with Kelli:

2:30pm - 3:15pm (\$5.00 per class)

Location: Great Room

Wednesdays

Yoga

11:45am - 12:30 pm (\$10.00 per class)

Location: 2nd Floor

Line Dancing with Val:

1:45am - 2:30pm (Free)

Location: Great Room

Thursdays

Strength & Balance with Terry:

11:15am - 12:15pm (Free)

Location: Great Room

Fridays

B.E.S.T. (Balance, Energy, Strength, Training):

9:00am - 10:00am (\$3.00 per class)

Location: Great Room

VETERANS

Scuttlebutt Meeting is
Thursday, February 2nd at 10:00am



For more info, please email Will Valliere at:
wvalliere@ci.reading.ma.us

SHINE COUNSELING

SHINE COUNSELING Appointment Only

Serving Health Information Needs of Everyone (SHINE) is a free Medicare benefits counseling program available to beneficiaries of all ages and people who are new to Medicare due to retirement, unemployment or disability.

Please call 781-942-6794 to request an in-person SHINE counseling appointment.

Other SHINE related matters,
Call 1-800-AGE-INFO (1-800-243-4636)
FOR QUESTIONS 24/7, Please call Medicare
1-800-633-4227

BILLIARDS

We are excited to announce the Billiards room is open at the Pleasant Street Center. If you are interested in play Billiards, please call the Pleasant Street Center at 781-942-6794 for days and time.



GAMES

Mondays

Bingo: 11:30 - 1:30 (10 games for \$5.00)

Cribbage: 1:00 - 3:00 (2nd Floor)

Tuesdays

Mexican Train: 1:00- 3:00 (2nd Floor)

Wednesdays

Rummikub: 1:00 - 3:00 (2nd Floor)

Thursdays

Mahjong: 12:30 - 3:30 (2nd Floor)

Fridays

Bridge: 9:00 - 12:00 (2nd Floor)

LOW VISION GROUP

Low Vision Group

Support group for those experiencing varying degrees of vision loss. Meets the 2nd Wednesday of every month.

Sponsored by:

MA Association for Blind and Visually impaired

**Meets via conference call on
Wednesday, February 8th from 10:00am - 11:15am**

PARKINSON GROUP

Parkinson's Disease Support Group

Wednesday, February 8th from 1:00pm - 2:00pm

At the Pleasant Street Center - Lounge

Led by Kathy Hill, PT with the Greater Medford VNA.

Meets the 2nd Wednesday of every month.

Please call 781-942-6794 to reserve a spot

BEREAVEMENT GROUP

Grief Support Group and Grief Education

The group, led by Trish Crean, LSW, Bereavement Coordinator from All Care Hospice, is a general loss group with grief education provided. Group allows for a safe, nonjudgmental place to talk about loss and understand the grief process and move towards the future in a healthy way.

Meets 2nd Tuesday of every month.

Tuesday, February 14th from 9:00am - 10:00am

Please call 781-942-6794 to reserve a spot

BIRTHDAY LUNCH

Thursday, February 9th at 1:00pm

Please call 781-942-6794 to reserve a spot
Reading residents ages 60+ receive a gift card for your
Birthday month

**No early arrivals please! Doors open at 12:45pm*

MEMORY CAFÉ

The Stoneham & Reading Senior Centers have partnered to bring social connections to individuals living with a memory impairment & their care partners through the Memory Café.

**Join us Tuesday, February 14th 10:30am-12:00pm
at Stoneham's Senior Center 136 Elm St**

for Music and Treats

Contact: Kerry Valle 781-942-6659 or
Alyse Warren 781-942-6693



VIRTUAL ART

Virtual Zentangle and Drawing Susan is a Certified Zentangle Instructor.

Wednesdays February 1st & 15th at 9:30am - 10:30am

Zentangle Materials : paper, pencil, pen that writes nicely (Micron), blending tool such as a tortillon/blending stump (cotton swab could work in a pinch).

Virtual Drawing with Susan

Wednesday February 8th & 22nd at 9:30am - 10:30am

Drawing Materials: paper, pencil (No.2, 2H, and 4B for drawing, if you have them), vinyl eraser and kneaded eraser recommended.

Join us for a relaxing, meditative, comfortable art experience.

Beginners are welcome.

Please call the Pleasant Street Center for link

MOVIE AND PIZZA

Marry Me (PG 13) Thursday, February 16th at 1:00pm

The story of a famous Latin singer starring *Jennifer Lopez* who decides to marry a foreign man on the stage of her concert, because of the heartache of being betrayed by her lover.



Please call to reserve your spot

INTERGENERATIONAL MOVIE AND PIZZA

Up (PG) Thursday February 23rd at 1:00pm

Determined to save his home and keep the promise he made to his wife, Carl Fredricksen (Ed Asner) embarks on a journey to the mysterious Paradise Falls.

Please call to reserve your spot



HELPFUL RESOURCES

Council on Aging:

Next meeting will be on February 6th at 6:30pm in-person

Town of Reading Select Board

selectboard@ci.reading.ma.us

Mark Dockser, Chair

mark.dockser@ci.reading.ma.us

Karen Gately Herrick, Vice Chair

karen.herrick@ci.reading.ma.us

Chris Haley, Secretary

christopher.haley@ci.reading.ma.us

Carlo Bacci, Member

carlo.bacci@ci.reading.ma.us

Jacqueline McCarthy, Member

jacqueline.mccarthy@ci.reading.ma.us

State Senator Jason Lewis

(617) 722-1206

Jason.Lewis@masenate.gov

Representative Brad Jones

(617) 722-2100

Bradley.Jones@mahouse.gov

U.S. Congressman Seth Moulton

(978) 531-1669

Representative Rich Haggerty

(617) 722-2090

Richard.Haggerty@mahouse.gov

State Senator Jason Lewis Office Hours

For more details on office hours, please contact the Pleasant Street Center at 781-942-6794.

READING SELECT BOARD OFFICE HOURS

2023 SELECT BOARD HOURS

Mark Dockser

Wednesday, February 11th

10:30am to 11:30am

At Pleasant St. Senior Center

CONTACT THE BOARD ANYTIME at
selectboard@ci.reading.ma.us

ON THE GO!

Van transportation is a **free service** to Reading seniors over 60+ and non-seniors with disabilities. Our goal is to provide safe, efficient, and friendly service.

Reservations are required at least 48 hours in advance by calling the Pleasant Street Center (781) 942-6794.

Seating is limited. Trip times are subject to change.

Masks are required before you enter the van.

February Shopping Dates and Times

Walmart :

Monday, February 6th 10:00am to 12:00pm

Redstone Shopping Center:

Monday, February 13th 10:00am to 12:00pm

Walmart :

Tuesday, February 21st 10:am to 12:00pm

Woburn Village: Target, Kohl's, & Market Basket

Monday, February 27th 10:00am to 12:00pm

Wednesdays:

Market Basket or Stop & Shop:

Peter Sanborn Grocery Shopping:

Wednesdays: 8:30am -9:30am

Neighborhood Grocery Shopping:

Wednesdays: 9:30am - 10:30am

Thursdays:

Cedar Glen Grocery Shopping:

Thursdays: 8:30am - 9:30am

Fridays:

Tannerville Grocery Shopping:

Fridays: 8:30am - 9:30am

Please refrain from the use of colognes and perfumes when riding on the van.

No more than 3 bags per passenger. All shoppers are responsible for carrying their own purchases



Mon	Tue	Wed	Thu	Fri
		1 9:30 Zentangle (virtual) 11:45 Yoga 11:00 Wellness Wed. 1:00 Rummikub 1:45 Line Dancing	2 10:00 Scuttlebutt 9:00 Computer Drop-In 11:15 Strength Balance 12:30 Mahjong	3 9:00 B.E.S.T. 9:00 Bridge (2 nd Floor) Closes at 12:00
6 9:00 B.E.S.T. 11:15 Chair Yoga 11:30 Bingo 1:00 Cribbage 2:45 Zumba Gold	7 9:30 Art 10:30 Body & Brain 1:00 Mexican Train 2:30 Senior Fit	8 9:30 Drawing (Virtual) 10:00 Low Vision 10:00 Select Board 11:00 Wellness Wed. 11:45 Yoga 1:00 Parkinson's 1:00 Rummikub 1:45 Line Dancing	9 9:00 Fuel Assist. 9:00 Computer Drop-In 11:15 Strength Balance 12:30 Mahjong 1:00 Birthday Lunch	10 9:00 B.E.S.T. 9:00 Bridge (2 nd Floor) Closes at 12:00
13 9:00 B.E.S.T. 11:15 Chair Yoga 11:30 Bingo 1:30 Davis Bates 1:00 Cribbage 2:45 Zumba Gold	14 9:00 Bereavement 9:30 Art 10:30 Memory Cafe 10:30 Body & Brain 12:30 V'Day LUNCH 1:00 Mexican Train 2:30 Senior Fit	15 9:30 Zentangle (virtual) 9:30 Book Club 11:00 Wellness Wed. 11:45 Yoga 1:00 Rummikub 1:00 Parkinson's 1:45 Line Dancing	16 9:00 Let's Get Digital ZOOM 11:15 Strength Balance 12:30 Mahjong 1:00 Movie & Pizza	17 9:00 B.E.S.T. 9:00 Bridge (2 nd Floor) Closes at 12:00
20  CLOSED	21 9:30 Art 10:00 Walking Club 10:30 Body & Brain 1:00 Mexican Train 2:30 Senior Fit	22 9:30 Drawing (virtual) 9:30 COA Coffee 10:00 Men's Huddle 11:45 Yoga 1:00 Rummikub 1:45 Line Dancing 4:00 Music Therapy	23 10:00 Computer drop-in 10:15 BP Checks 11:15 Strength Balance 12:30 Mahjong 1:00 Multigenerational Movie & Pizza	24 9:00 B.E.S.T. 9:00 Bridge (2 nd Floor) Closes at 12:00
27 9:00 B.E.S.T. 11:15 Chair Yoga 11:30 Bingo 1:00 Cribbage 2:45 Zumba Gold	28 9:30 Art 10:00 Walking Club 10:30 Body & Brain 1:00 Mexican Train 2:30 Senior Fit			

ART WITH STEVE

Looking for a low pressure place to be creative and tap into your art talent?

Join Art Instructor Steve Greco

Every Tuesday 9:30am to 11:30am

New Comers 1st Class Free

\$40.00 per month

Beginners are welcome!

For details, please call the Pleasant Street Center
(781) 942-6794



TECH SUPPORT

Drop-in Technology Assistance

Join Nancy every Thursday

9:00am - 11:00 am

Do you have questions or need assistance with basic computer function, printing photos, or searching the Internet this class is for you!



CHROMEBOOK LENDING PROGRAM

If you have been thinking about trying out technology, now is the time to give it a try. Our Chromebooks allow you to access the internet, use email, take part in virtual programs, and much more!

For a **2-month trial** The Pleasant Street Center provides a Chromebook lending program.

Contact 781-942-6796 if you are interested in borrowing a Chromebook or for more information.

COUNCIL ON AGING & E.H.S.

The Council on Aging and Elder Human Services (E.H.S.) will be sponsoring a Coffee Hour.

Join us for coffee and light refreshments. This will be a great opportunity to know services and programs.

Thursday, February 22nd from 9:30am to 10:30am

Please call the Pleasant Street Center for more information

BOOK CLUB

Wednesday, February 15th from 9:30am - 11:00am

This month's discussion features

The House Keeper & Professor

By Yoko Ogawa

We will be meeting at Pleasant Street Center. Copies are available at the Library and at the PSC.

Registration: <https://libcal.readingpl.org/event/9481496>

LET'S GET DIGITAL

Join us on

Thursday February 16th from 9:00am - 11:00am

for our next Let's Get Digital class.

This month we will be looking at Zoom and answering any questions you might have regarding the Zoom program and how to use it.

Contact 781-942-6796 to sign-up



MEN'S HUDDLE

The Pleasant Street Center Men's Huddle

February 22th from 10:00am - 11:00am

Join Chris for refreshments and conversation every 4th Wednesday of the month.

For more information or to sign-up, call(781) 942-6794

SUPPORT SERVICES

We are dedicated to helping our Reading residents live actively and engage in the community. We provide education, support, and services for residents of all ages.

Reading Response: offers Medical transportation, Lifeline Medical Alert and Adult Day Health.

Reading Response income guidelines:

1 person=\$55,000

2 person=\$62,850

For every \$5,000 over the income guidelines there is a \$5.00 copay.

Clients on standard Mass Health are **not eligible**.

To schedule an appointment for any of the above services please contact:



Kerry Valle, Sr. Case Manager

(781) 942-6659

For Health support or to request a blood pressure check, please contact:
Alyse Warren, RN BSN at 781-942-6693

FILE OF LIFE

In an emergency when First Responders arrive on scene they are looking for important information about the person in need. A **File of Life** allows our First Responders to immediately begin the best possible treatment, notify loved ones, and pass this vital information to awaiting physicians in the emergency room.

If you would like a **File of Life** or have questions about the program, please contact

Kerry Valle at (781) 942-6659 or

Alyse Warren at (781) 942-6693.

The **File of Life** is available at the Pleasant Street Center and are provided through a donation from the Fire Dept Local Union 1640.



BLOOD PRESSURE CHECKS

Cedar Glen - February 1st : 1:00pm - 1:45pm

Frank Tanner - February 9th : 10:00am - 10:45am

Pleasant St Ctr. - February 23rd : 10:15am - 11:00am

If you have questions/ need different arrangements, please contact

Alyse Warren, RN BSN 781-942-6693

HEART HEALTH MONTH

Nearly 50% of U.S adults have high blood pressure (HTN) & only about 25% of them have it under control. Controlling HTN can reduce many health risks such as heart disease & stroke. Making healthy choices about what we eat and how we move are some ways that we can increase our heart health! One such way is moving your body 30 minutes a day 5 days a week. We offer plenty of options here at the center to help get your heart moving.

Watching your sodium intake and following the DASH diet (**Dietary Approaches to Stop Hypertension**) has been shown to help lower blood pressure and LDL (bad) cholesterol. The DASH eating plan follows heart healthy guidelines to limit saturated fat and trans fat. It focuses on eating more foods rich in nutrients that can help lower blood pressure such as vegetables, fruits, whole grains, low fat dairy, fish, poultry, beans nuts and vegetable oils. Talk to your doctor before making dietary changes



MEDICARE PART D COVERAGE CHANGES

As of January 2023, Medicare Part D now covers Shingles and Tdap vaccines.

Changes were also made regarding capping insulin cost at \$35. Plans have until the end of March 2023 to update their systems to reflect the \$35 cap so you may be charged at the higher amount until that happens. If so, your plan must reimburse you within 30 calendar days for any amount you paid over the \$35.

Contact your individual Part D plans if you need to be reimbursed.



Reading Elder Services

16 Lowell Street
Reading, MA 01867

PLEASANTRIES

Reading's Newsletter for Residents 60+
pleasantstreetcenter@ci.reading.ma.us
readingma.gov/pleasant-street-center

Did you know:

You can obtain a copy of the *Pleasantries* at several locations around town or via email at readingma.gov. If you would like to be removed from the mailing list and/or sign up to receive it via email, please call 781-942-6794.

RAMBLERS WALKING CLUB

The Reading Ramblers will be walking all around town. Walks are open to all and vary each week.

Tuesdays at 10:00am

Reading Ramblers February 2023 SCHEDULE

2/07: Meet at Ipswich River Park, North Reading

2/14: Meet at Pleasant Street Center

2/21: Meet at Sturges Park Lot

2/28: Meet at Barrows School Parking Area

Check out Ramblers FB page for updates:

<https://www.facebook.com/Readingramblers/>

Walks will be cancelled in the event of inclement weather.

Contact the Pleasant Street Center for an updated departure location at (781) 942-6794.

LAMP REPAIR

Please note:

Lamp repairs will resume in May 2023!

TRIPS

The MacGougas Brothers Band

And Bobby O'Justin's

"Irish Celebration"

Wednesday, March 15th, 2023

\$55.00 per person

Danversport Yacht Club

Sign-ups open now!

Please RSVP to 781-942-6794

Jimmy Mazz

"Legends & Laughter"

Thursday, April 20th, 2023

\$55.00 per person

Venezia Waterfront Restaurant in Boston

Sign-ups will start February 20th

(Trips are partially funded by ARPA)

Reading Residents

We are continually in the process of planning more fun and exciting trips for the Future, so please stay tuned.