

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

Clerk/Receptionist

Linda Antinoro
 (781) 942-9764

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

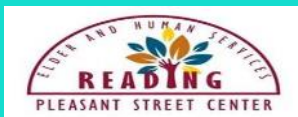
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kvalle@ci.reading.ma.us

Nurse Advocate

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 (781) 942-6693
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Highlights for April

- Pg. 1 Fiber Arts: Starts Wednesday, April 5th
- Pg. 1 Delvena Theatre Company Show: Tuesday, April 18th
- Pg. 6 COA/EHS Coffee Hour: Wednesday, April 26th
- Pg. 6 Let's Get Digital Class (QR Code): Thursday, April 27th
- Pg. 6 Men's Huddle: Wednesday, April 26th
- Pg. 6 Pelvic Floor Health Lecture : Thursday, April 6th
- Pg. 7 Public Health Presentation: Wednesday, April 5th
- Pg. 7 Slips, Trips and Falls: Thursday April 20th
- Pg. 7 Healthy Blood pressure Lecture: Wednesday, April 26th

NUN OF THIS AND NUN OF THAT!



The Delvena Theatre Company presents:
Nun of This and Nun of That!
 at the Pleasant Street Center
Tuesday, April 18th, at 1:00pm
RSVP by April 11th

Nun of This and Nun of That! is an interactive, live comedy featuring two actresses. Now is the time for the 50th Class Reunion of St. Bartholomew's Parochial School. The "sisters" are excited to meet with their former students from the Class of 1957. The audience members, of course, are the reunion attendees. A good time will be had by all reminiscing about the old days and catching up with everyone. A fun, light-hearted comedy!

FIBER ARTS

The Pleasant Street Center is excited to announce the New Fiber Arts Group!

Sit and chat while working on your own project and share your creativity!

Feel free to bring your own yarn, knitting needles and crochet hooks.

All are welcome!

Wednesdays starting April 5th to May 31st

10:00 to 11:30

Please call 781-942-6794 for more information

NEWSLETTER BY MAIL

If you would like to receive a copy of the Pleasantries Newsletter by mail each month, please let us know.

We charge a \$5 fee for the year to cover the postage. Checks can be made payable to the Town of Reading, with the memo stating Pleasantries.

Please include you name, address and phone number.

If mailing payment please address it to:

Elder Services
 16 Lowell Street
 Reading, MA 01867

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 - 12:00pm (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 - 12:30pm (\$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

Tai Chi w/Paul

9:00am-10:am (2 classes) April 6th and April 13th

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
April 6th 10:00am

Topic: Memorial Day Events

Meets 1st Thursday of every Month



All who have served in the Armed Services may qualify for Disability and Veterans Benefits:

Contact: William Valliere our Veterans Service Officer at 781-942-6652 or email: wvalliere@ci.reading.ma.us

VSO Valliere can assist on navigating filing disability claims and State benefits.

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

The Billiards room is open at the Pleasant Street Center!
Please call the Pleasant Street Center for days and times for when the billiards room is open.



GAMES

Mondays

Bingo: 10:30 - 12:00 (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

Billiards: 10:00 - 1:00 (basement)
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.

Meets via conference call on

Wednesday, April 12th 10:00am - 11:15am

Please call 781-942-6794 if you would like more information

Sponsored by:

MA Association for Blind and Visually impaired

PARKINSON GROUP

Parkinson's Disease Support Group

Meets the 2nd Wednesday of every month.

Wednesday, April 12th 1:00pm - 2:00pm

At the Pleasant Street Center - Lounge

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

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 that allows for a safe, nonjudgmental place to talk about the grief process and move towards the future in a healthy way.

Meets 2nd Tuesday of every month.

Tuesday, April 11th 9:00am - 10:00am

Please call 781-942-6794 to reserve a spot

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, April 11th 10:30am-12:00pm at Stoneham's Senior Center 136 Elm St

for Karaoke with Rick Ruggerio

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 April 5th & April 19th 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 April 12th & April 26nd 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.

To register, use link: <https://tinyurl.com/ygzjdpfo>

MOVIE AND PIZZA

Mrs. Harris Goes to Paris

Thursday, April 27th 1:00pm

In 1950s London, a widowed cleaning lady falls madly in love with a couture Dior dress, deciding she must have one of her own. After working to raise the funds to pursue her dream, she embarks on an adventure to Paris that will change not only her own outlook -- but the very future of the House of Dior.



Please RSVP to 781-942-6794

BIRTHDAY LUNCH

Thursday, April 13th 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*

HELPFUL RESOURCES

Council on Aging Meeting:

Next meeting will be on April 3rd at 6:30pm

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

Next office hour on May 1st from 1:30 to 2:30

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: April 12th from 11:00 to 12:00

Jacqueline MaCarthy: April 26th from 11:00 to 12:00

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 60+ and non-seniors with disabilities. 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.

Mask wearing is recommended, but optional.

Walmart:

Monday, April 3rd 10:00a.m. - 12:00 p.m.

Redstone Shopping Center:

Monday, April 10th 10:00 a.m. - 12:00 p.m.

Walmart:

Tuesday, April 18th 10:00 a.m. - 12:00 p.m.

Woburn Village, Target, or Kohl's:

Monday, April 24th 10:00 a.m. - 12:00 p.m.

Market Basket or Stop & Shop:

Peter Sanborn: Wednesdays 8:30 - 9:30 a.m.

Neighborhood: Wednesdays 9:30 - 10:30 a.m.

Cedar Glen: Thursdays 8:30 - 9:30 a.m.

Tannerville: Fridays 8:30 - 9:30 a.m.

As a courtesy to others, please refrain from the use of colognes and perfumes when riding on the van. It has been known to cause an allergic reaction for some passengers.

Thank you for your cooperation.



Mon	Tue	Wed	Thu	Fri
<p>3</p> <p>9:00 B.E.S.T. 11:15 Chair Yoga 10:30 Bingo 12:30 LUNCH 1:00 Cribbage 2:45 Zumba Gold</p>	<p>4</p> <p>9:30 Computer 9:30 Art 10:00 Walking Club 10:30 Body & Brain 1:00 Mexican Train 2:30 Senior Fit</p>	<p>5</p> <p>9:00 Public Health Lect. 9:30 Zentangle (virtual) 10:00 Fiber Arts 11:45 Yoga 1:00 Rummikub 1:45 Line Dancing</p>	<p>6</p> <p>9:00 Pelvic Floor Lec. 10:00 Scuttlebutt 11:00 Billiards 11:15 Strength Balance 12:30 Mahjong</p>	<p>7</p> <p>9:00 B.E.S.T. 9:00 Bridge (2nd Floor)</p> <p>Closes at 12:00</p>
<p>10</p> <p>9:00 B.E.S.T. 11:15 Chair Yoga 10:30 Bingo 12:30 LUNCH 1:00 Cribbage 2:45 Zumba Gold</p>	<p>11</p> <p>9:00 Bereavement 10:00 Walking Club 9:30 Art 10:30 Body & Brain 1:00 Mexican Train 2:30 Senior Fit</p>	<p>12</p> <p>9:30 Drawing (Virtual) 10:00 Fiber Arts 11:00 Select Board 11:45 Yoga 1:00 Parkinson's 1:00 Rummikub 1:45 Line Dancing</p>	<p>13</p> <p>9:30 Computer 11:00 Billiards 11:15 Strength Balance 12:30 Mahjong 1:00 Birthday Lunch</p>	<p>14</p> <p>9:00 B.E.S.T. 9:00 Bridge (2nd Floor)</p> <p>Closes at 12:00</p>
<p>17</p> <p>Patriots Day</p> <p>Closed</p>	<p>18</p> <p>9:30 Art 10:00 Walking Club 10:30 Body & Brain 1:00 Delvena Theatre Show 1:00 Cribbage 2:30 Senior Fit</p>	<p>19</p> <p>10:00 Fiber Arts 9:30 Zentangle (virtual) 9:30 Book Club 11:45 Yoga 1:00 Rummikub 1:00 Parkinson's 1:45 Line Dancing</p>	<p>20</p> <p>9:30 Fall Prevention 9:30 Computer 11:00 Trip 11:15 Strength Balance 11:00 Billiards 12:30 Mahjong</p>	<p>21</p> <p>9:00 B.E.S.T. 9:00 Bridge (2nd Floor)</p> <p>Closes at 12:00</p>
<p>24</p> <p>9:00 B.E.S.T. 11:15 Chair Yoga 10:30 Bingo 12:30 LUNCH 1:00 Cribbage 2:45 Zumba Gold</p>	<p>25</p> <p>9:30 Art 10:00 Walking Club 10:30 Body & Brain 1:00 Mexican Train 2:30 Senior Fit</p>	<p>26</p> <p>9:00 Health Lecture 10:00 Fiber Arts 9:30 Drawing (virtual) 10:00 Men's Huddle 11:00 Select Board 11:45 Yoga 1:00 Rummikub 1:45 Line Dancing 3:00 COA/EHS Coffee</p>	<p>27</p> <p>9:30 Let's Get Digital QR Code 10:15 BP Checks 11:15 Strength Balance 12:30 Mahjong 1:00 Movie & Pizza</p>	<p>28</p> <p>9:00 B.E.S.T. 9:00 Bridge (2nd Floor)</p> <p>Closes at 12:00</p>



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



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.

Wednesday, April 26th from 3:00pm to 4:00pm

Please call the Pleasant Street Center for more information

BOOK CLUB

Wednesday, April 19th 9:30am - 11:00am

This month's discussion features

Songbirds

By Christy Lefteri

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>

TECH SUPPORT

Drop-in Technology Assistance

Join Nancy

Thursdays 9:30am - 11:00 am

(Please Note: No Drop-in on April 6th)

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

PELVIC FLOOR HEALTH

What is your Pelvic Floor?

Join us as we welcome Jennifer Vohra, PT, DPT as she reviews tips and tricks on how to keep your pelvic floor healthy and how pelvic floor rehab can help

Thursday April 6th 9:00-10:30

Please call 781-942-6794 to register



LET'S GET DIGITAL

Join us on

Thursday April 27th from 9:30am - 11:00am

for our next Let's Get Digital class.

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

Contact 781-942-6796 to sign-up

MEN'S HUDDLE

The Pleasant Street Center Men's Huddle

Wednesday April 26th 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

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.

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.



ASK THE NURSE/ BLOOD PRESSURE CHECKS

Cedar Glen - April 5th : 1:00pm - 1:45pm

Frank Tanner - April 13th : 10:00am - 10:45am

Pleasant St Ctr. - April 27th 10:15am - 11:00am

If you have questions/ need different arrangements, please contact

Alyse Warren, RN BSN 781-942-6693

FOOD SAFETY AND DASH DIET

Food is a necessity for everyone. How and what we eat can be used as a tool to maintain or improve our health such as a DASH diet. Another fact about food is that all foods naturally contain small amounts of bacteria. But improper handling, cooking or storage of food can result in bacteria multiplying in large enough numbers to cause illness. Join 2 of our Public Health Department employees : Jennifer Velazquez—Heath Inspector and Malorie MacDonald—Public Health Nurse as they review the importance of food safety and ways we can use a DASH diet to maintain healthy blood pressure.

Wednesday April 5th 9:00-10:00am

Please call 781-942-6794 to reserve your spot.

SLIPS TRIPS AND FALLS

Falls are not a “normal” part of aging. There are steps you can take to reduce your risk for falls.

Join Stephanie Ramy, Occupational Therapist and Manager of Aging in Balance from MelroseWakefield Healthcare, for an interactive class that highlights how you can prevent falls.

Thursday, April 20th, 9:30-10:30am

Please call 781-942-6794 to reserve your spot



HEALTHY BLOOD PRESSURE

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! Join Student Nurse Nurjahan as she presents tips on maintaining healthy blood pressure

Wednesday April 26th from 9-10:00am

Please call 781-942-6794 to reserve your spot.

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 walk all around town.
Walks are open to all and vary each week.

Tuesdays at 10:00am

Reading Ramblers April 2023 SCHEDULE

- 4/04: Meet at Market Street Lynnfield Shopping Panara Entrance
- 4/11: Meet at Washington St to Washington Park
- 4/18: Meet at Killam School
- 4/25: Meet at Sturges Park

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

LAMP REPAIR

Please note:

Lamp repairs will resume in May 2023!

TRIPS

Royal Tours Presents:

Jimmy Mazz

“Legends & Laughter”

Thursday, April 20th, 2023

\$55.00 per person

Venezia Waterfront Restaurant in Boston

(Trips are partially funded by ARPA)

Save the Date:

Mark Shelton

“Viva Las Vegas”

Thursday May 18th

\$55.00 per person

Day trip in New England at

Wright’s Farm Restaurant in Rhode Island

Registration opens 3/20 for Reading Residents



We are continually in the process of planning more fun and exciting trips for the future.

Stay tuned