

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) 942-6794

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 May

- Pg. 1 Health and Community Resource Fair
- Pg. 1 Mother's Day Luncheon
- Pg. 2 Introducing POKENO
- Pg. 4 Senator Lewis Coffee Talk
- Pg. 6 Let's Get Digital Class (Navigating Town of Reading)
- Pg. 6 L.E.A.R.N Scam Lecture from Reading Police and the Sherriff's Dept.
- Pg. 6 Lamp repair Returns
- Pg. 7 Ben Cares Lecture (Reading Economic Development)
- Pg. 7 Mental Health Awareness
- Pg. 7 RPD Comfort Dog Cooper

HEALTH & COMMUNITY RESOURCE FAIR

Join us at the Pleasant Street Center on
Thursday, May 11th from 10:00am - 1:00pm
for a health and resource fair featuring 20+ vendors including the Lions Club
who will provide hearing and vision screenings.



Please note that all classes will be cancelled this day

MOTHER'S DAY LUNCHEON

Join us for a Mother's Day Luncheon!

Wednesday, May 10th

12:00pm to 1:00pm

Presenting Singer /Songwriter Marlena Phillips

Please call Pleasant Street Center at 781-942-6794

RSVP by May 4th



80 FOR BRADY

Pizza and Movie

Four best friends go on an unforgettable journey to see Tom Brady play in Super Bowl LI. Lily Tomlin, Jane Fonda, Rita Moreno, and Sally Field star in this hilarious true story of friendship, fun, and living life to the fullest, no matter your age.



Thursday May 25th 1:00pm

Please call 781-942-6794 (RSVP by May 22nd)

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 - 12:15pm (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 - 10:00am (Restarting on Thursday May 18th)

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, May 4th 10:00am
50 years after Vietnam and Memorial Day Parade**

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

POKENO

Look to play a new game?

Join us as we start Pokeno on Tuesday afternoon

Starting May 2nd

1:00pm to 3:00pm

Pokeno® is a game that is a combination of poker and keno, though it is pretty much like playing bingo with standard playing cards.

For more information and to sign-up

Call 781-942-6794

ACTIVITIES/GAMES

Mondays

Bingo: 10:30 - 12:00 (10 games for \$5.00)

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

Tuesdays

Art with Steve: 9:30 - 11:30 (\$40/mon.; 1st class free)

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

Wednesdays

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

Fiber Art : 10:00 - 11:30 (2nd Floor)

Thursdays

Billiards: 11:00 - 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, May 10th 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, May 10th 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, May 9th 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, May 9th 12:00 - 2:00 for lunch at Bunratty's Tavern.
RSVP required by May 4th**

Contact: Kerry Valle 781942-6659 or
Alyse Warren 781-942-6693

VIRTUAL ART

Virtual Zentangle and Drawing

Susan is a Certified Zentangle Instructor.

Wednesdays May 3rd & May 17th 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).

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

Virtual Drawing with Susan

**Wednesday May 10th & May 24th
at 9:30am - 10:30am**

Drawing Materials: paper, pencil (No.2, 2H, and 4B for drawing, 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>

BIRTHDAY LUNCH

Thursday, May 4th 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*

BEN CARES

**A Conversation with Ben Cares
Reading Economic Developer Director**

**Wednesday, May 3rd
10:30 to 11:30**

**Discover and Get the Facts regarding Pay By Phone
and the new Parking Kiosks Rules & Regulations**



HELPFUL RESOURCES

Council on Aging Meeting:

Next meeting will be on May 1st 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 Hour

Monday, May 1st 1:30 to 2:30

For more information please contact

The Pleasant Street Center at 781-942-6794.

READING SELECT BOARD OFFICE HOURS

2023 SELECT BOARD HOURS

Please contact the Pleasant Street Center for May
Select Board office hours!

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, May 1st 10:00a.m. - 12:00 p.m.

Redstone Shopping Center:

Monday, May 8th 10:00 a.m. - 12:00 p.m.

Walmart:

Monday, May 15th 10:00 a.m. - 12:00 p.m.

Woburn Village, Target, or Kohl's:

Monday, May 22nd 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.

READING PUBLIC LIBRARY

Author lecture: The Tragedy of the Cocoanut Grove Fire

The 1942 Cocoanut Grove nightclub fire continues to cast a long shadow across Boston. Stephanie Schorow, author of *The Cocoanut Grove Nightclub Fire: A Boston Tragedy*, will present a lecture about this inferno that features new research and insights into its continuing mysteries and the lingering impact on the lives of New Englanders three generations later.

Please call 781-944-0840 for more information

Mon	Tue	Wed	Thu	Fri
1 9:00 B.E.S.T. 11:15 Chair Yoga 10:30 Bingo 12:30 LUNCH 1:00 Cribbage 1:30 Sen. Lewis 2:45 Zumba Gold	2 10:00 Walking Club 9:30 Art 10:30 Body & Brain 1:00 POKENO 2:30 Senior Fit	3 9:30 SCAM LECTURE 9:30 Zentangle (virtual) 10:00 Fiber Arts 10:30 Ben Cares 11:45 Yoga 1:00 Rummikub 1:45 Line Dancing	4 10:00 Scuttlebutt 11:00 Billiards 11:15 Strength Balance 12:30 Mahjong 1:00 Birthday Lunch	5 9:00 B.E.S.T. 9:00 Bridge (2 nd Floor) Closes at 12:00
8 9:00 B.E.S.T. 11:15 Chair Yoga 10:30 Bingo 12:30 LUNCH 1:00 Cribbage 2:45 Zumba Gold	9 9:00 Bereavement 10:00 Walking Club 9:30 Art 10:30 Body & Brain 1:00 POKENO 2:30 Senior Fit	10 9:30 Drawing (Virtual) 10:00 Fiber Arts 11:45 Yoga 12:00 Mother's day Luncheon 1:00 Parkinson's 1:00 Rummikub 1:45 Line Dancing	11 Health Fair 10:00am to 1:00pm (No Programs)	12 9:00 B.E.S.T. 9:00 Bridge (2 nd Floor) Closes at 12:00
15 9:00 B.E.S.T. 11:15 Chair Yoga 10:30 Bingo 12:30 LUNCH 1:00 Cribbage 2:45 Zumba Gold	16 9:30 Art 10:00 Walking Club 10:30 Body & Brain 1:00 POKENO 2:30 Senior Fit	17 9:30 Zentangle (virtual) 9:30 Book Club 10:00 Fiber Arts 11:45 Yoga 1:00 Rummikub 1:45 Line Dancing	18 9:00 Tai Chi 9:30 Computer 11:00 Trip 11:15 Strength Balance 11:00 Billiards 12:30 Mahjong	19 9:00 B.E.S.T. 9:00 Bridge (2 nd Floor) Closes at 12:00
22 9:00 B.E.S.T. 11:15 Chair Yoga 10:30 Bingo 12:30 LUNCH 1:00 Cribbage 2:45 Zumba Gold	23 9:30 Art 10:00 Walking Club 10:30 Body & Brain 1:00 POKENO 2:30 Senior Fit	24 9:30 Drawing (virtual) 10:00 Fiber Arts 10:00 Men's Huddle 11:45 Yoga 1:00 Rummikub 1:45 Line Dancing 3:00 COA/EHS Coffee	25 9:00 Tai Chi 9:30 Let's Get Digital Town of Reading 10:15 BP clinic 11:00 Billiards 11:15 Strength Balance 12:30 Mahjong 1:00 Movie & Pizza 80 For Brady	26 9:00 B.E.S.T. 9:00 Bridge (2 nd Floor) Closes at 12:00
Memorial Day Closed	30 9:30 Computer 10:00 Walking Club 9:30 Art 10:30 Body & Brain 1:00 POKENO 1:00 Cribbage	31 9:00 Mental Health 9:30 Zentangle (virtual) 10:00 Fiber Arts 11:45 Yoga 1:00 Rummikub 1:45 Line Dancing		

Upcoming Trips Presented by Royal Tours

Partially funded by ARPA

Mark Shelton

"Viva Las Vegas"

Thursday May 18, 2023

RSVP starts 3/20/23

\$55

The Edwards Twins

& Lunch at Lake Pearl

Thursday July 27, 2023

RSVP starts 5/22/23

\$55

Sand Sculptures & Lunch

Friday June 16, 2023

RSVP starts 4/17/23

\$55

Tootsie

Ogunquit Playhouse

Thursday Sept. 28, 2023

RSVP starts 7/24/23

\$55

Christmas in July

Dueling Piano's & Lobster Bake

Wednesday July 19, 2023

RSVP starts 5/22/23

\$65

Marlena Phillips

"Turkeys, Trains & Tunes"

Friday October 13, 2023

RSVP starts 8/14/23

\$55

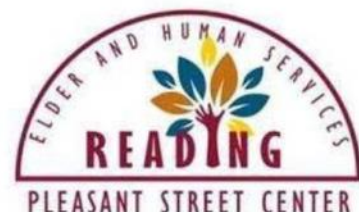
60's Patriotic Tribute

& Lunch at Danversport

Wed. November 1, 2023

RSVP starts 9/5/23

\$55



L.E.A.R.N SCAM LECTURE

The Middlesex Sheriff's Office and Reading Police Department cordially invite you to participate in a conversation about scams and ways to protect yourself.

L.E.A.R.N. = Law Enforcement And Residents Networking

is an initiative of the Middlesex Sheriff's Office focused on educating and informing the public through collaboration, and engagement in dialogue around public safety matters.

Wednesday May 3rd from 9:30-10:30

Please call 781-942-6794 to register



TECH SUPPORT

Drop-in Technology Assistance

Join Nancy

Thursdays 9:30am - 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!

LET'S GET DIGITAL

Join us on

Thursday, May 25th from 9:30am - 11:00am

for our next Let's Get Digital class.

This month we will be looking at

"Navigating Town of Reading website"

Contact 781-942-6796 to reserve

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. COFFEE

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, May 24th from 3:00pm to 4:00pm

Please call the Pleasant Street Center for more information

PSC BOOK CLUB

Wednesday, May 17th 9:30am to 11:00am

This month's discussion features

The Half of It by Juliette Fay

<https://libcal.readingpl.org/event/10052290>

Monday, June 5th 7:00pm at the Library

Special follow up book group night with author Juliette Fay

<https://libcal.readingpl.org/event/9542654>

LAMP REPAIR

Lamp Repair Returns!

May 3rd and 17th

Do you have a lamp that needs repair? Bring it to the PSC on the 1st and 3rd Wednesday of the month during our hours of operation.

Please affix a note on your lamp stating your name, telephone number, address and issue. You will receive a call when your lamp is ready to be picked up.

The fee will be for parts only.
Call 781-942-6794 for information

MEN'S HUDDLE

The Pleasant Street Center Men's Huddle

Wednesday, May 24th 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.



ASK THE NURSE/ BLOOD PRESSURE CHECKS

Cedar Glen - May 3rd : 1:00pm - 1:45pm
Frank Tanner - May 4th : 10:00am - 10:45am
Pleasant St Ctr. - May 25th 10:15am - 11:00am
 If you have questions/ need different arrangements, please contact
Alyse Warren, RN BSN 781-942-6693

MENTAL HEALTH MONTH

Our mental health is just as important as our physical health.

Join Public Safety Clinician Taunya Jarzyniecki as she reviews the importance of taking care of our mental health.

Thursday, May 31st 9:30-10:30

Please call 781-942-6794 to reserve your spot



OLDER AMERICAN'S MONTH

60 years ago, when Older Americans Month was established in 1963, only 17 million living Americans had reached their 65th birthday. According to the US 2022 census 56 million adults are 65+ which accounts for 16.9% of the nation's population. Every May, the Administration for Community Living leads the nation's observance of Older Americans Month (OAM) to encourage and recognize the countless contributions that older adults make to our communities. Your time, experience, and talents enrich the lives of those around you!

The 2023 theme is **Agging Unbound**, which offers an opportunity to explore diverse aging experiences and break the stereotype on aging. Some examples of "aging unbound" are finding a new passion, not letting age define your limits, inviting creativity and purpose into your life by trying new activities, continue to grow your knowledge through reading, and staying engaged and involved in the community.

MEET WITH OFFICER LEWIS & COOPER

Come meet school resource Officer Lewis and his Dog Cooper!

Wednesday, May 24th at 11:45am

Cooper is one of two comfort dogs with the Reading Police Department. The program is part of the department's strategy for addressing an uptick in mental health calls since the beginning of the COVID-19 pandemic and has been a huge success.

<p>Reading Elder Services 16 Lowell Street Reading, MA 01867</p>	<p align="center">PLEASANTRIES Reading's Newsletter for Residents 60+ pleasantstreetcenter@ci.reading.ma.us readingma.gov/pleasant-street-center</p>	
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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 receive the newsletter by mail please send a note with your name, address and phone number along with **\$5 cash or check made payable to Town of Reading with memo stating "Pleasantries" to Town Hall 16 Lowell Street, Reading MA 01867**. Please call 781-942-6794 with questions or to be removed from mailing list.

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 May 2023 SCHEDULE

5/02: Meet at Strout Ave entrance to Town Forest
5/09: Meet at Horn Pond parking lot by the public restrooms (Lake Ave)
5/16: Meet at Sturges Park - Walk neighborhood
5/23: Meet at Town Hall - Walk neighborhood
5/30: Meet at Residence at Pearl St. parking lot
Walk Neighborhood

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.

TRIPS

 **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 open

Royal Tours presents
Luncheon at Warren's in Kittery
and the Sand Sculptures at
Hampton Beach, NH
Friday, June 16th
Departing 10:00am - Return 4:45pm
\$55.00 per person
Rain or Shine
Bring Sunscreen, hat, water, and comfortable shoes

Registration Open for Reading Residents
Tuesday, April 18th