

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

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
 Transportation is provided for some programming. Please call for availability.



Highlights for August

- Pg. 3 Birthday Lunch
- Pg. 3 Movie and Pizza
- Pg. 4 AARP Recruitment Table at the YMCA Tax Prep Volunteers
- Pg. 6 Marcelle Ell Manicurist
- Pg. 6 Attorney Crowley
- Pg. 6 Intergenerational Tie Dye
- Pg. 7 Immunization Presentation
- Pg. 7 Patient Portal Appointments

WELLNESS WEDNESDAY

Buddha Palm wellness and self healing session with Lynne Bolen

Join us on **Wednesday, August 16th** from 11:00am to 1:00pm at the RPL for our August Wellness Wednesday!

Easy stretching, breathwork, self massage, self acupressure, flowing movement and meditative standing postures to direct healing and rejuvenating energy to the body, mind and emotions.

Please call 781-942-6794 to Register

GLEN MAGNA FARMS VAN TRIP

Glen Magna Farms typifies the golden age of American Gardens
 Join us on

Tuesday August 15th, 2023

A guided walking tour of Glen Magna Farms
 Box lunch included.

Departing from PSC at 9:45am

Returning to PSC at 3:00pm

Open to Non Reading Residents 8/1
 Transportation Van Limited to 14
 Call

781-942-6794 to reserve your spot

HILLVIEW LUNCH NUBINGO

Join Us at Hillview Country Club for a Fall Fling Luncheon

Music provided by NuImage Entertainment for singing, dancing, and introducing MUSICAL BINGO

Wednesday September 20, 2023 12:00pm - 4:00pm

RSVP Required by 9/13 781-942-6794

Open to Non Reading Residents 9/1



LUNCH AND LEARN

Lunch and Learn
 Preparing for Life Transitions
 Starting the Conversation
 Sponsored by Visiting Nurse & Community Care

Thursday August 3rd 12:00pm - 1:00pm

RSVP Required 781-942-6794



FITNESS

Mondays

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

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

Location: Great Room

Chair Yoga: (No Class August 7th)

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/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: (No Class Aug 3rd)

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

Location: Great Room

Tai Chi w/Paul: Return Date: September 14th

Fridays

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

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

Location: Great Room

VETERANS SCUTTLEBUTT

No Meeting in August

Next meeting is on September 7th at 10:00am

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

ACTIVITIES/GAMES

Mondays



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



Lunch: 12:15 - 1:15 **RSVP Required by Friday**

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

Tuesdays

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

Pokeno: 1:00 - 3:00 *Bring your pennies!

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)



= Ride Available

COMING IN SEPTEMBER

Boston Red Sox History

Join us on Thursday, September 7th from 9 - 10

As we welcome Herb Crehan, a recognized authority on Boston baseball history in his 28th season as a contributing writer for the Boston Red Sox.

Herb will present 8 of our favorite Red Sox players from the 1940s through today

Light refreshments will be served

Please RSVP to 781-942-6794



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

No Meetings : August

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, August 9th 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, August 8th 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, August 8th from 10:30 - 12:00
at Stoneham Senior Center
for music and a craft**

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

VIRTUAL ART

Virtual Zentangle and Drawing
Susan is a Certified Zentangle Instructor.

Wednesday, August 2nd, 16th and 30th

11:00am to 12:00pm

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, August 9th and 23rd

11:00am to 12:00pm

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.

BIRTHDAY LUNCH

Thursday, August 10th 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

PIZZA AND A MOVIE



BOOK CLUB: NEXT CHAPTER

Thursday August 17th start 12:45

Please call 781-942-6794

Rsvp by Monday August 14th



In Book Club: The Next Chapter, Vivian (Jane Fonda) is getting married, and so, naturally, she needs a bachelorette party --Vivian and her titular book club (Candice Bergen, Mary Steenburgen and Diane Keaton) are headed to Italy for every sort of shenanigan you would expect from a comedy like this.

READING RESPONSE

Learn about the Reading Response program which offers 3 services to Reading residents with Kerry Valle Case Manager and Alyse Warren RN
Tuesday August 16th
9:00am –10:00am
RSVP 781-942-6794

HELPFUL RESOURCES

Council on Aging Meeting:

Next Council on Aging Meeting: August 14th

Community Services Director

Genevieve Fiorente
781-942-6672

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

Please Contact the Pleasant Street Center for the next office hour and date!

For more information please contact
The Pleasant Street Center at 781-942-6794.

READING SELECT BOARD OFFICE HOURS

Please contact the Pleasant Street Center for August

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.



Walmart

Tuesday, August 8th 10:00 a.m. - 12:00 p.m.

Redstone Shopping Center

Tuesday, August 15th 10:00 a.m. - 12:00 p.m.

Walmart

Monday, August 21st 10:00 a.m. - 12:00 p.m.

Woburn Village, Target or Kohl's

Tuesday, August 29th 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.

TAX PREP VOLUNTEERS NEEDED!

The Pleasant Street Senior Center is partnering with AARP of Massachusetts is **seeking Volunteer Tax Preparers for the upcoming 2024 tax season.**

AARP Representative will be at Burbank YMCA Informational Booth scheduled Tuesday August 8th 9:30-11:30

No prior work related tax experience needed. AARP of Massachusetts will provide training and support. Please visit the website below if you are interested in volunteering
<https://www.aarp.org/forms/volunteer-tax-aide/>

Mon	Tue	Wed	Thu	Fri
	1 9:30 Art 10:00 Walking Club 10:30 Body & Brain 1:00 POKENO 1:00 Patient Portal	2 9:30 Tie Dye Intergen. 10:00 Fiber Arts 11:00 Zentangle (Virtual) 11:45 Yoga 1:00 Rummikub 1:45 Line Dancing	3 11:00 Billiards 12:00 Lunch and Learn 12:30 Mahjong No Scuttlebutt No Strength and Balance	4 9:00 B.E.S.T. 9:00 Bridge (2 nd Floor) Closes at 12:00
7 9:00 B.E.S.T. 10:30 Bingo 12:15 LUNCH 1:00 Cribbage 2:45 Zumba Gold No Chair Yoga	8 9:00 Bereavement 9:30 ART 9:30 YMCA BOOTH 10:00 Walking Club 10:30 Body & Brain 1:00 POKENO 2:30 Senior Fit	9 10:00 Immunizations 10:00 Fiber Arts 11:00 Drawing (Virtual) 11:45 Yoga 1:00 Rummikub 1:00 Parkinson's 1:45 Line Dancing	10 9:30 Computers (By Appointment) 11:00 Billiards 11:15 Strength Balance 12:30 Mahjong 1:00 Birthday Lunch	11 9:00 B.E.S.T. 9:00 Bridge (2 nd Floor) Closes at 12:00
14 9:00 B.E.S.T. 10:00 Manicurist 11:15 Chair Yoga 10:30 Bingo 12:15 LUNCH 1:00 Cribbage 2:45 Zumba Gold	15 9:30 Art 10:00 Walking Club 10:30 Body & Brain 1:00 POKENO 1:00 Patient Portal 2:30 Senior Fit	16 9:00 Reading Response 9:00 Attorney Crowley 10:00 Fiber Arts 11:00 Wellness Wed. 11:00 Zentangle (Virtual) 11:45 Yoga 1:00 Rummikub 1:45 Line Dancing	17 11:00 Billiards 11:15 Strength Balance 12:30 Mahjong 1:00 Movie & Pizza	18 9:00 B.E.S.T. 9:00 Bridge (2 nd Floor) Closes at 12:00
21 9:00 B.E.S.T. 11:15 Chair Yoga 10:30 Bingo 12:15 LUNCH 1:00 Cribbage 2:45 Zumba Gold	22 9:30 Art 10:00 Walking Club 10:30 Body & Brain 1:00 POKENO 2:30 Senior Fit	23 10:00 Men's Huddle 10:00 Fiber Arts 11:00 Drawing (Virtual) 11:45 Yoga 1:00 Rummikub 1:45 Line Dancing	24 9:30 Let's Get Digital with Ben Cares 10:15 BP Clinic 11:00 Billiards 11:15 Strength Balance 12:30 Mahjong	25 9:00 B.E.S.T. 9:00 Bridge (2 nd Floor) Closes at 12:00
28 9:00 B.E.S.T. 11:15 Chair Yoga 10:30 Bingo 12:15 LUNCH 1:00 Cribbage 2:45 Zumba Gold	29 9:30 Art 10:00 Walking Club 10:30 Body & Brain 1:00 POKENO 2:30 Senior Fit	30 10:00 Fiber Arts 9:30 Zentangle (Virtual) 11:45 Yoga 1:00 Rummikub 1:45 Line Dancing	31 9:30 Computers (By Appointment) 11:00 Billiards 11:15 Strength Balance 12:30 Mahjong	

ATTORNEY CROWLEY

Attorney William Crowley will be offering
20 min Complimentary Elder Law Service
3rd Wednesday of each month
August 16th from 9:00am - 10:00am
Call 781-942-6794
Private appointment only

MANICURIST

Marcelle Ell
MA Licensed Manicurist
File and Polish **HANDS Only**
Monday, August 14th
10:00am - 12:00pm
By Appointment only
Please call 781-942-6794 to book your appointment



TECH SUPPORT

Computer Time with Nancy
Thursday, August 10th & Thursday, August 31st
9:30 - 11:30
Topic: How to download
"Pay by Phone App"
Call 781-942-6794 to Reserve a time!

LET'S GET DIGITAL

Let's Get Digital with Ben Cares and Nancy
Thursday, August 24th
9:30 - 11:00
"Kiosks" how to navigate the Parking App
Limited Seating
Hands on Training

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

No COA/EHS Coffee in July and August

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
learn about services and programs.

PSC BOOK CLUB

Please call the Pleasant Street Center at
781-942-6794 for details on the next Pleasant Street
Center Book Club meeting.

INTERGENERATIONAL PROGRAM

Join us for the TIE DYE!
Wednesday, August 2nd from 9:30am to 11:30am
Refreshments will be provided.
Call 781-942-6794 to reserve your spot
Bring White Cotton Shirt



LAMP REPAIR

August 2nd and August 16th

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.

Note: Please wipe down your lamp before dropping it off.

The fee will be for parts only.

Call 781-942-6794 for information

MEN'S HUDDLE

The Pleasant Street Center Men's Huddle
Wednesday, August 23rd 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 - August 2nd 1:00pm - 1:45pm

Frank Tanner - August 10th 10:00am - 10:45am

Pleasant St Ctr. August 24th 10:15am-11:00am

If you have questions/ need different arrangements, please contact

Alyse Warren, RN BSN 781-942-6693

IMMUNIZATION PRESENTATION

August is National Immunization Month. Join Public Health Nurse Malorie MacDonald and Nurse Advocate Alyse Warren for an Immunization Presentation highlighting the importance of keeping your vaccinations up to date as one of the most convenient and safest preventative care measures.

Wednesday August 9th

10:00am - 11:00am

Call 781-942-6794 to RSVP



PATIENT PORTAL INSTRUCTION

Do you need help navigating your patient portal for your medical care?

Nurse Advocate Alyse Warren will be taking one on one appointments to review how to use the portal on your own device or on the desk top computer.

Tuesday August 1st and Tuesday August 15th

By Appointment Only

1:00pm - 2:00pm



READING PUBLIC LIBRARY

Are you passionate about choir singing? On 8/22 at 7pm, join The Reading Community Singers at the library for a special screening of the documentary Drive to Sing. Made right here in Massachusetts, Drive to Sing is about choirs during the pandemic and the importance of making music together. This uplifting film may have you breaking out in song!

More info: <https://bit.ly/RPLSingDocumentary>

This event is generously sponsored by the Friends of the Reading Public Library.

UPCOMING EVENTS

Lunch and Learn: August 3rd

Reading Coop Presents:
Safety Online Banking
Thursday September 7th
1:00pm - 2:00pm

<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 **\$5.00 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 August 2023 Schedule

8/1: Meet at Horn Pond, Woburn: Park along Sturgis St.
8/7: Meet at Wood End School: Walk Franklin St. Neighborhood
8/14: Meet at Killam School: Walk neighborhood
8/21: Meet at Sturges Park: Walk neighborhood
8/28: Meet at Market Street Shopping Ctr. Lynnfield Walk Trail

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

Upcoming Trips Presented by Royal Tours
Are partially funded by ARPA
Non Reading Residents are waitlisted

Tootsie at Ogunquit Playhouse
Thursday September 28th
\$55.00
Departing PSC at 10:30 returning at 6:00pm
RSVP: 7/24

Marlena Phillips Turkey Trains & Tunes
Trip Date: 10/13/2023
\$55.00
Departing PSC at 8:00am returning at 6:00pm
RSVP: 9/01