

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



Highlights for July

- Pg. 1 Independence Luncheon featuring Musicians from Onset
- Pg. 1 Brain and Fitness presented by Dr Thorpe
- Pg. 1 Lunch and Learn Wednesday July 26th Healthy Cooking
- Pg. 4 Tax Prep Volunteers
- Pg. 6 Marcelle Ell Manicurist
- Pg. 6 Attorney Crowley
- Pg. 6 Intergenerational Tie Dye August 2nd
- Pg. 7 Heat Safety Ice Cream Social with Reading Fire Department

INDEPENDENCE DAY BBQ

Independence Day BBQ
Thursday, July 6th
1:00pm - 2:00pm
 Entertainment by
 Onset Musicians
 Moira Applebaum
 and
 Jiri Nedoma
 Lunch catered by Christopher's
 Please Call to Sign Up

BRAIN & FITNESS

Dr William Thorpe
 Presents:
 Brain Health Training for Seniors
 A Certified Personal Trainor and
 a Specialist in
 Elder Fitness and Brain Health
Wednesday, July 12th from
9:30 - 10:30
 RSVP 781-942-6794 by July 10th

JULY WELLNESS WEDNESDAY

Rock Painting Meditation Health
 Join us on Wednesday, July 5th from 11:00am to 1:00pm
 for our July Wellness Wednesday Day.
 Lunch will be served at 12:00pm
 Location: Reading Public Library Community Room
 Please call 781-942-6794 to Sign Up

LUNCH AND LEARN

Join a local Chef from Artis Senior Living
 Presents:
Healthy Cooking for One
Wednesday, July 26th
 11:30am - 12:30pm
 Please call 781-942-6794 to reserve your spot



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 on July 3rd and July 31st)

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 No class on July 25th)

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: will return in the Fall

Fridays

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

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

Location: Great Room

VETERANS SCUTTLEBUTT

No Meetings in July and 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

POKENO

Look to play a new game?

Join us as we start Pokeno on Tuesday afternoons

Next class July 11th

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.

Bring your pennies!

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: (No Class on July 4th)

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

Pokeno: 1:00 - 3:00

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

No Meetings : July and 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, July 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, July 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, July 11th 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.

No Classes in July

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

No Classes in July

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, July 20th 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



THE FABELMANS

Thursday July 13th start 12:45

Please call 781-942-6794

Rsvp by Monday July 10th



Growing up in post-World War II era Arizona, young Sammy Fabelman aspires to become a filmmaker as he reaches adolescence, but soon discovers a shattering family secret and explores how

ROCKPORT VAN TRIP

Tuesday July 11th (Rain date: Thursday July 13th)

Departing from PSC at 9:45am returning at 3:00pm

Limited to 14 passengers

Luncheon at your discretion

Please call to reserve your spot 781-942-6794

Non Reading Residents open 7/5

HELPFUL RESOURCES

Council on Aging Meeting:

No Council on Aging Meeting in July

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

Monday July 10th at 1:30pm

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 June 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, July 10th 10:00 a.m. - 12:00 p.m.

Redstone Shopping Center

Monday, July 17th 10:00 a.m. - 12:00 p.m.

Walmart

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

Woburn Village, Target or Kohl's

Monday, July 31st 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.




TAX PREP VOLUNTEERS NEEDED!

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

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
<p>3</p> <p>9:00 B.E.S.T. 10:30 Bingo 12:15 LUNCH 1:00 Cribbage 2:45 Zumba Gold</p>	<p>4</p> <p>HOLIDAY CLOSED</p>	<p>5</p> <p>10:00 Fiber Arts 11:00 Wellness Wed. 11:45 Yoga 1:00 Rummikub 1:45 Line Dancing</p>	<p>6</p> <p>11:00 Billiards 11:15 Strength Balance 12:30 Mahjong 1:00 Independence Day BBQ No Scuttlebutt</p>	<p>7</p> <p>9:00 B.E.S.T. 9:00 Bridge (2nd Floor) Closes at 12:00</p>
<p>10</p> <p>9:00 B.E.S.T. 11:15 Chair Yoga 10:30 Bingo 12:15 LUNCH 1:00 Cribbage 1:30 Sen. Lewis 2:45 Zumba Gold</p>	<p>11</p> <p>9:00 Bereavement 9:30 ART 9:30 Rockport VanTrip 10:00 Walking Club 10:30 Body & Brain 1:00 POKENO 2:30 Senior Fit</p>	<p>12</p> <p>9:30 Dr Thorpe Brain/Fitness 10:00 Fiber Arts 11:45 Yoga 1:00 Rummikub 1:00 Parkinson's 1:45 Line Dancing</p>	<p>13</p> <p>9:30 Computer Drop 11:00 Billiards 11:15 Strength Balance 12:30 Mahjong 12:45 Movie & Pizza <i>The Fabelmans</i></p>	<p>14</p> <p>9:00 B.E.S.T. 9:00 Bridge (2nd Floor) Closes at 12:00</p>
<p>17</p> <p>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</p>	<p>18</p> <p>9:30 Art 10:00 Walking Club 10:30 Body & Brain 1:00 POKENO 2:30 Senior Fit</p>	<p>19</p> <p>9:00 Attorney Crowley 10:00 Fiber Arts 11:45 Yoga 1:00 Rummikub 1:45 Line Dancing</p>	<p>20</p> <p>11:00 Billiards 11:15 Strength Balance 12:30 Mahjong 1:00 Birthday Lunch</p>	<p>21</p> <p>9:00 B.E.S.T. 9:00 Bridge (2nd Floor) Closes at 12:00</p>
<p>24</p> <p>9:00 B.E.S.T. 11:15 Chair Yoga 10:30 Bingo 12:15 LUNCH 1:00 Cribbage 2:45 Zumba Gold</p>	<p>25</p> <p>9:30 Art 10:00 Walking Club 1:00 POKENO 2:30 Senior Fit</p>	<p>26</p> <p>9:30 PSC Book Club 10:00 Men's Huddle 10:00 Fiber Arts 11:30 Lunch and Learn 11:45 Yoga 11:45 Officer Lewis 1:00 Rummikub 1:45 Line Dancing</p>	<p>27</p> <p>9:30 Computer Drop 10:15 BP Clinic 11:00 Billiards 11:15 Strength Balance 12:30 Mahjong 1:00 Heat Safety Ice Cream Social</p>	<p>28</p> <p>9:00 B.E.S.T. 9:00 Bridge (2nd Floor) Closes at 12:00</p>
<p>31</p> <p>9:00 B.E.S.T. 10:30 Bingo 12:15 LUNCH 1:00 Cribbage 2:45 Zumba Gold</p>				

ATTORNEY CROWLEY

Attorney William Crowley will be offering
20 min Complimentary Elder Law Service
3rd Wednesday of each month
July 19th from 9:00am - 10:00am
Call 781-942-6794
Private appointment only

MANICURIST

Marcelle Ell
MA Licensed Manicurist
File and Polish **HANDS Only**
Monday, July 17th
10:00am - 12:00pm
By Appointment only
Please call 781-942-6794 to book your appointment



TECH SUPPORT

NEXT Drop-in 7/13 & 7/27 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

Please note: The next
Let's Get Digital is on Thursday, Aug 24th
"Kiosks" how to navigate the Parking App
With Ben Cares

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

July 5th and 19th

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, July 26th 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.



ASK THE NURSE/ BLOOD PRESSURE CHECKS

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

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

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

If you have questions/ need different arrangements, please contact

Alyse Warren, RN BSN 781-942-6693

HEAT SAFETY WITH READING FIRE

Staying safe in the summer heat is important at any age!

Join us as our wonderful Reading Fire Department reviews important heat safety tips while we enjoy ice-cream!



Thursday July 27, 2023 at 1:30pm



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

WORLD CHOCOLATE DAY

World Chocolate Day is July 7th!

Celebrate with mouth-watering chocolates! The history of chocolate goes back to 2000 BC when the Olmecs, an ancient civilization in Central America, first started cultivating cocoa beans. Since then, chocolate has been a beloved treat around the world and is celebrated every year on World Chocolate Day.



WORLD SJÖGREN'S DAY 7/23

Sjögren's ("SHOW-grins") is a systemic autoimmune disease that affects the entire body. Along with symptoms of extensive dryness in eyes and mouth other serious complications include profound fatigue, chronic pain, as well as dysfunction of organs such as kidneys, GI system, lungs, liver, pancreas and central nervous system. World Sjogren's Day is celebrated on 7/23 the birthdate of Dr. Henrik Sjogren the Swedish Ophthalmologist who discovered the disease

MEET WITH OFFICER LEWIS & COOPER

Come meet school resource Officer Lewis and his Dog Cooper!

Wednesday, July 26th from 11:45am to 12:30pm

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 style="text-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 June 2023 Schedule

7/11 Meet at Town Hall: Walk are neighborhood
7/18 Meet at Wood End School: Walk Franklin St. Neighborhood
7/25 Meet at High School: Walk Birch Meadow 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

Upcoming Trips Presented by Royal Tours
Partially funded by ARPA
Non Reading Residents waitlisted
Christmas in July
\$65.00
Wednesday July 19th
Dueling Piano Show and Lobster Bake at Fosters
Departing PSC at 10:00am, returning to PSC at 4:30pm

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

CASTLE ISLAND VAN TRIP

Tuesday, August 1st Rain Date Thursday, August 3rd
Departing from PSC at 9:45am, returning at 3:00pm
Open to Non Reading Residents 7/18
Transportation Van Limited to 14 People
Luncheon at your discretion please call 781-942-6794