

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 September

Monday, September 4th Labor Day Holiday Closed
 Afternoon classes on Wednesday 9/20 are Cancelled for Hillview Event

- Pg. 2 Red Sox Historian
- Pg. 3 Flu clinic
- Pg. 6 Citizen's Police Academy
- Pg. 6 Fiber ARTS Presents: Laurie Theis from Marie Rose Quilts 9/27
- Pg. 7 Patient Portal Assistance

END OF SUMMER LUNCHEON

End of Summer Luncheon

Catered by Christopher's
 Wednesday September 6th
 11:30am - 12:30pm

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



PRUDENTIAL VIEW BOSTON

VAN TRIP

Tuesday September 12th

Rain or Shine

Departing from PSC at 9:45am
 Returning to PSC at 3:00pm
 Open to Non Reading Residents 9/5
 Transportation Van Limited to 14
 Call

781-942-6794 to reserve your spot
 Funded by ARPA



SUBSTANCE USE

Join Taunya Jarzyniecki from Reading Coalition for Prevention and Support for a conversation around older adults and substance use.

Learn about the warning signs to protect yourself and loved ones as well as available resources

Monday, September 11th
9:00am - 10:00am

Please call 781-942-6794 to reserve your spot

10 WARNING SIGNS

September 21st is World Alzheimer's Day. Join us Lisa Walts from the Alzheimer's Association as she reviews the 10 Warning Signs of Alzheimer's Disease

Thursday, September 21st
10:30am - 11:30am



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

*a minimum of 15 people are required for the program to run *

LUNCH AND LEARN



Lunch and Learn
 Safe Banking Online

Presented by Dan Walbourne
 Reading Coop Bank

Thursday, September 7th
1:00pm - 2:00pm

How to protect yourself from fraud, common scams to watch out for, best practices for securing your personal data online, the Homestead Act, and Property Fraud Watch Alerts.

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:

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) *9/20 No Class

Location: 2nd Floor

Line Dancing with Val:

1:45am - 2:30pm (Free) **9/20 No Class**

Location: Great Room

Thursdays

Strength & Balance with Terry:

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

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)*9/20 No Class

Fiber Art : 10:00 - 11:30(2nd Floor)*9/20 No Class

Thursdays

Billiards: 11:00 - 1:00 (basement)

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

Fridays

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



= Ride Available

VETERANS SCUTTLEBUTT

Thursday, September 7th at 10:00am

American Heritage Museum in Hudson Mass

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.

RED SOX HISTORY

Boston Red Sox History

Join us on Thursday, September 7th 9:00 - 10:00am

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
September 13th at 10:00am**

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, September 13th 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, September 12th 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, September 12th from 10:30 - 12:00
at the Reading Public Library**

64 Middlesex Ave

For Handpan music by Dave Cabral and refreshment

RSVP to Kerry Valle 781-942-6659 or

Alyse Warren 781-942-6693

VIRTUAL ART

Virtual Zentangle and Drawing

Susan is a Certified Zentangle Instructor.

Wednesday, September 6th, September 20th

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, September 13th and September 27th

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.

BIRTHDAY LUNCH

Thursday, September 14th 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



Featuring

Rescue by Ruby

Thursday, September 21st

Starting at 12:45 pm



Chasing his dream to join an elite K-9 unit, a state trooper partners with a fellow underdog, clever but naughty shelter pup Ruby. Based on a true story.

FLU CLINIC

Wednesday, September 27th

9:00am - 11:00am

Registration Required Online

If you need assistance please call Nurse Advocate Alyse Warren at 781-942-6693



HELPFUL RESOURCES

Council on Aging Meeting:

Next Council on Aging Meeting: [September ?](#)

Community Services Director

Genevieve Fiorente
781-942-6672

Town of Reading Select Board

selectboard@ci.reading.ma.us

Mark Dockser, Member

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, Chair

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

September 11th at 1:30pm-2:30PM

Private Appointment Only

Please call the Pleasant Street Center
at 781-942-6794 to schedule an appointment

READING SELECT BOARD OFFICE HOURS

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

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, September 5th 10:00 a.m. - 12:00 p.m.

Redstone Shopping Center

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

Walmart

Tuesday, September 19th 10:00 a.m. - 12:00 p.m.

Woburn Village, Target or Kohl's

Tuesday, September 26th 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 Wednesday September 6th 10:00-12:00

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 9:00 B.E.S.T. 9:00 Bridge (2 nd Floor) Closes at 12:00
4 Labor Day Closed	5 9:30 ART 10:00 Walking Club 10:30 Body & Brain 1:00 POKENO 1:00 CRIBBAGE 2:30 Senior Fit	6 10:00 Fiber Arts 11:00 Drawing (Virtual) 11:30 Labor Day Lunch 11:45 Yoga 1:00 Rummikub 1:45 Line Dancing	7 9:00 Red Sox History 10:00 Scuttebutt (Trip) 11:00 Billiards 11:15 Strength Balance 12:30 Mahjong 1:00 Lunch & Learn	8 9:00 B.E.S.T. 9:00 Bridge (2 nd Floor) Closes at 12:00
11 9:00 B.E.S.T. 9:00 Alcohol Addic 11:15 Chair Yoga 10:30 Bingo 12:15 LUNCH 1:00 Cribbage 2:45 Zumba Gold	12 9:00 Bereavement 9:30 Art 9:30 Prudential Trip 10:00 Walking Club 10:30 Body & Brain 1:00 POKENO 2:30 Senior Fit	13 10:00 Fiber Arts 11:00 Zentangle (Virtual) 11:45 Yoga 1:00 Parkinson's 1:00 Rummikub 1:45 Line Dancing	14 9:00 Tai Chi 9:30 Let's Get Digital 11:00 Billiards 11:15 Strength Balance 12:30 Mahjong 1:00 Birthday Lunch	15 9:00 B.E.S.T. 9:00 Bridge (2 nd Floor) Closes at 12:00
18 9:00 B.E.S.T. 11:15 Chair Yoga 10:30 Bingo 12:15 LUNCH 1:00 Cribbage 2:45 Zumba Gold	19 9:30 Art 9:30 BOOK CLUB 10:00 Walking Club 10:30 Body & Brain 12:15 BOOSTER clinic 1:00 POKENO 2:30 Senior Fit	20 9:00 Attorney Crowley 11:00 Drawing (Virtual) Hillview Lunch & Musical BINGO No Afternoon classes/games	21 9:00 Tai Chi 9:30 Computer Drop 10:30 Alzheimer's 11:00 Billiards 11:00 Podiatry 11:15 Strength Balance 12:30 Mahjong 12:45 Movie & Pizza	22 9:00 B.E.S.T. 9:00 Bridge (2 nd Floor) Closes at 12:00
25 9:00 B.E.S.T. 11:15 Chair Yoga 10:30 Bingo 12:15 LUNCH 1:00 Cribbage 2:45 Zumba Gold	26 9:30 Art 10:00 Walking Club 10:30 Body & Brain 1:00 POKENO 1:00 Patient Portal 2:30 Senior Fit	27 9:00 Flu Clinic 10:00 Fiber Arts 10:00 Men's Huddle 11:00 Zentangle (Virtual) 11:45 Yoga 1:00 Rummikub 1:45 Line Dancing 3:00 COA/EHS Coffee	28 Royal Tours Trip 9:00 Tai Chi 9:30 Computer Drop In 10:15 BP Clinic 11:00 Billiards 11:15 Strength Balance 12:30 Mahjong	29 9:00 B.E.S.T. 9:00 Bridge (2 nd Floor) Closes at 12:00

ATTORNEY CROWLEY

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

TECH SUPPORT

Computer Drop In with Nancy
Thursday, September 21st & 28th
9:30am - 11:00am

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 -

Let's Get Digital with Nancy
"Sign-up for Town News & Alerts using your Smart Phone"

Thursday, September 14th
9:30am - 11:00am

READING POLICE PRESENTS

Reading Police Department
2023 Citizen Police Academy

Classes will be held Tuesdays from 6:30pm – 8:30pm at Reading Police Department
Classes begin Tuesday, September 12, 2023 - Tuesday, November 7, 2023

- Various police subjects taught by a variety of officers – Investigations, Patrol Procedures, Emergency Response & Police in Schools and MUCH MORE!
- Ride along opportunity upon completion of course

***Contact Community Service Officer ***

Kristen O'Shaughnessy at 781-942-6761 or
KOShaughnessy@ci.reading.ma.us to register or to get further information***

PSC MEN'S HUDDLE

Wednesday, September 27th 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

COUNCIL ON AGING & E.H.S. COFFEE

Council on Aging /Elder Human Services
Topic: New Senior Center Update
Wednesday, September 27th
3:00pm-4:00pm
The Council on Aging and Elder Human Services (E.H.S.) will be sponsoring a Coffee Hour.
Join us for coffee and light refreshments

PSC BOOK CLUB

Tuesday September 19th
9:30-11:00

This month's discussion features :
The Christie Affair by Nina de Gramont.
The Christie Affair is a mystery centered around the sensational and scandalous chain of events that led to Agatha Christie's disappearance for 11 days in 1926. A story of secrets, revenge, and lust emerges, resulting in a startling murder.
Call to reserve: 781-942-6794

FIBER ARTS PRESENTATION

Fiber Arts Group is excited to announce
Laurie Theis from Mary Rose Quilts
Demonstrating "Half Square Triangles"
Wednesday September 27th 10:00am - 11:30am
Seats are limited
Please call to reserve : 781-942-6794

LAMP REPAIR

September 6th and September 20th
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.
Please wipe down your lamp before dropping it off.
The fee will be for parts only.

READING PUBLIC LIBRARY

Fall Concert | *The Back Track Band* | September 19th
Scan to learn all about our next concert. Step back in time and enjoy the songs of the 50's, 60's and 70's with Reading's own Back Track band.
We can't wait to see you!



SCAN ME

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 - September 13th 1:00pm - 1:45pm

Frank Tanner - September 14th 10:00am - 10:45am

Pleasant St Ctr. September 28th 10:15am - 11:00am

If you have questions/need different arrangements, please contact

Alyse Warren, RN BSN 781-942-6693

COMPLETE FOOT CARE

Monthly Foot care Services

Marie Anderson RN

A Certified Foot Care Specialist

Thursday, September 21st

Scheduled appointments only

11:00am -3:00pm

ARPA Funded

Reading Residents Only



PATIENT PORTAL INSTRUCTION

A patient portal is a website for your personal health care.

This online tool helps you to keep track of your health care provider visits, test results, vaccines etc. 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, September 19th and Tuesday, September 26th

From 1:00pm - 2:00pm

Call 781-942-6794 to book your appointment



UPCOMING EVENTS

Join us at the Pleasant Street Center
Ted Reinstein from WCVB/Chronicle

Presents:

General Stores

Thursday, October 19th

6:30pm - 7:30pm

Ted Reinstein shares the rich and colorful history of this iconic institution, how they figured in the rise of early America commerce, why they began to fade, and why— like another New England icon, the diner they have begun to come back and even be re-invented & re-imagined for a new era



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



Monday October 2nd

rain or shine

Departing from PSC at 9:45am

Returning to PSC at 3:00pm

Open to Non Reading Residents 9/25

Transportation Van Limited to 14

Tickets and Luncheon at your discretion



Please call 781-942-6794 to reserve.

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 to

Town Hall :

16 Lowell Street, Reading MA 01867.

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 September 2023 Schedule

- 9/05 Meet at The Pleasant Street Center
- 9/12 Meet at the Parking lot between Walgreens and Angelo's Main Street Stoneham.
- 9/19 Meet at Memorial Park
- 9/26 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 departure location at (781) 942-6794.

TRIPS

Upcoming Royal Tour Trips:

Marlena Phillips Turkey Trains & Tunes

Trip Date: October 13th

\$55.00

Departing PSC at 8:00am Returning at 6:00pm

RSVP by September 1st

Trips are partially funded by ARPA
Non Reading Residents are waitlisted

**60's Patriotic Tribute
& Lunch at Danversport
Wednesday, November 1st
RSVP starts September 1st
\$55.00**

Trips are partially funded by ARPA
Non Reading Residents are waitlisted