

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:

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.



We Care About You: If your information has changed recently, please take a moment to stop at the front desk on your next visit to update your information especially emergency contacts. As a reminder, don't forget to sign in at the computer when arriving for all events, activities, and classes. Thank you!

November Highlights:

- | | | | |
|-------|---------------------|-------|----------------------------|
| Pg. 3 | Memory Café | Pg. 6 | Men's Huddle |
| Pg. 3 | Birthday Lunch | Pg. 6 | PSC Book Club |
| Pg. 3 | Movie and Pizza | Pg. 7 | Caregivers Support |
| Pg. 6 | Let's Get Digital | Pg. 7 | Patient Portal Instruction |
| Pg. 6 | COA/EHS Coffee Hour | Pg. 7 | Diabetes Presentation |

PEABODY ESSEX MUSEUM



Please Join Art Historian

Roberta Neuman from the Peabody Essex Museum for "Journey of Life Through Art 2"

At the Pleasant Street Center

Take a closer look at several pieces of art from the PEM and ponder connections between the object and personal life experiences.

Thursday, November 2nd

1:30pm - 2:30pm

ENCORE VAN TRIP

Encore Van Trip

Tuesday, November 14th

Rain or Shine

Departing from PSC at 9:45am

Returning to PSC at 3:00pm

Open to Non Reading Residents on November 7th

Transportation Van Limited to 14

Call 781-942-6794 to reserve

your spot

Funded by ARPA

MUSICAL HISTORY

Musical History Presentation
 Rumba, Samba, Tango and Mambo with John Clark

Wednesday, November 29th
10:30am - 11:30am

Please call 781-942-6794 to reserve your spot



FIBER ARTS

Fiber Arts Presents:

Join Beverly Enos as she introduces Koma and Japanese Needlepoint.

Wednesday, November 8th
10:00am - 11:30am

Limited seating

Please all to Reserve a seat!



LUNCH AND LEARN

Lunch and Learn

RMV Presents:

Real ID

Wednesday, November 8th

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:

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:

11:00am - 12:00pm (Free)

Location: Great Room

Tai Chi w/Paul (Until November 30th)

9:00-10:00

Location: Great Room

Fridays

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

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

VETERANS SCUTTLEBUTT

Thursday, November 2nd at 10:00am

Topic: Veterans Day Ceremonies

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

COMPLETE FOOT CARE

Monthly Foot care Services

Marie Anderson RN

A Certified Foot Care Specialist

Thursday, November 16th

Scheduled appointments only

11:00am - 3:00pm

ARPA Funded

Reading Residents only

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
November 8th**

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, November 8th 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 *DAY CHANGE*

Wednesday, November 8th from 9:00am to 10:00am

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 the 2nd Wednesday of every month.

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, November 14th from 10:30 - 12:00
at Reading Public Library** for a presentation from

Peabody Essex Museum

"Journey of Life Through Art"

Please 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, November 1st and November 15th

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, November 8th and November 22th

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.

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

BIRTHDAY LUNCH

Thursday, November 9th 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:

SULLY (pg-13)

Thursday, November 16th starting at 12:45pm

When pilot Chesley "Sully" Sullenberger lands his damaged plane on the Hudson River in order to save the flight's passengers and crew, some consider him a hero while others think he was reckless.

Please call 781-942-6794

Rsvp by Monday, November 13th



HELPFUL RESOURCES

Council on Aging Meeting:

Next Council on Aging Meeting: November 1st

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

PSC Office Hours on

Wednesday, November 15th from 10:15am to 11:15am

State Senator Jason Lewis Office Hour

Monday, November 6th

1:30 - 2:30 by appointment only

The Pleasant Street Center at 781-942-6794.

READING SELECT BOARD OFFICE HOURS

**Please contact the Pleasant Street Center for
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

November Shopping Dates and Times, Walmart



Tuesday, November 7th 10:00 a.m. - 12:00 p.m.

Redstone Shopping Center

Tuesday, November 14th 10:00 a.m. - 12:00 p.m.

Walmart

Tuesday, November 21st 10:00 a.m. - 12:00 p.m.

Woburn Village, Target or Kohl's

Tuesday, November 28th 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.**

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	2	3
		10:00 Fiber Arts 11:00 Zentangle (Virtual) 11:00 Wellness Wed. 11:45 Yoga 1:00 Rummikub 1:45 Line Dancing	9:00 Tai Chi 9:30 Computer 10:00 Scutttebutt 11:00 Billiards 11:00 Strength Balance 12:30 Mahjong 1:30 Art Historian from PEM	9:00 B.E.S.T. 9:00 Bridge (2 nd Floor) Closes at 12:00
6	7	8	9	10
9:00 B.E.S.T. 10:30 Bingo 11:15 Chair Yoga 12:15 LUNCH 1:30 Rep. Lewis 1:00 Cribbage 2:45 Zumba Gold	9:30 ART 10:00 Walking Club 10:00 Caregivers Supp 10:30 Body & Brain 1:00 POKENO 1:00 Patient Portal 2:30 Senior Fit	9:00 Bereavement 9:30 Diabetes Presents 10:00 Fiber Arts Presents 11:00 Drawing (Virtual) 11:45 Yoga 12:00 Lunch and Learn 1:00 Rummikub 1:00 Parkinson's 1:45 Line Dancing	9:00 Tai Chi 11:00 Billiards 11:00 Strength Balance 12:30 Mahjong 1:00 Birthday Lunch	Closed for Veterans Day 
13	14	15	16	17
9:00 B.E.S.T. 11:15 Chair Yoga 10:30 Bingo 12:15 LUNCH 1:00 Cribbage 2:45 Zumba Gold	9:30 Art 9:30 Van Trip Encore 10:00 Walking Club 10:30 Body & Brain 1:00 POKENO 2:30 Senior Fit	9:00 Attorney Crowley 10:00 Fiber Arts 10:15 Rep. Heggarty 11:00 Zentangle (Virtual) 11:45 Yoga 1:00 Rummikub 1:45 Line Dancing	9:00 Tai Chi 9:30 Let's Get Digital With Kevin Figueroa 11:00 Billiards 11:00 Podiatry 11:00 Strength Balance 12:30 Mahjong 12:45 Movie & Pizza "Sully"	9:00 B.E.S.T. 9:00 Bridge (2 nd Floor) Closes at 12:00
20	21	22	23	24
9:00 B.E.S.T. 11:15 Chair Yoga 10:30 Bingo 12:15 LUNCH 1:00 Cribbage 2:45 Zumba Gold	9:30 Art 9:30 Book Club 10:00 Walking Club 10:30 Body & Brain 1:00 POKENO 2:30 Senior Fit	10:00 Fiber Arts 10:00 Men's Huddle 11:00 Drawing (Virtual) 11:45 Yoga 1:00 Rummikub 1:45 Line Dancing	CLOSED Happy Thanksgiving! 	9:00 B.E.S.T. 9:00 Bridge (2 nd Floor) Closes at 12:00
27	28	29	30	
9:00 B.E.S.T. 11:15 Chair Yoga 10:30 Bingo 12:15 LUNCH 1:00 Cribbage 2:45 Zumba Gold	9:30 Art 10:00 Walking Club 10:30 Body & Brain 1:00 POKENO 2:30 Senior Fit	10:00 Fiber Arts 10:30 Musical History 11:00 Zentange(Virtual) 11:45 Yoga 1:00 Rummikub 1:45 Line Dancing 3:00 COA/EHS Coffee	9:00 Tai Chi 9:30 Computers 10:15 BP Clinic 11:00 Billiards 11:00 Strength Balance 12:30 Mahjong 4:00 Look What I Made	

ATTORNEY CROWLEY

Attorney William Crowley will be offering
20 min Complimentary Elder Law Service
3rd Wednesday of each month
November 15th from 9:00am - 10:00am
Call 781-942-6794
Private appointment only
No December Appointments

READING PUBLIC LIBRARY

Dave Williams: Birds Back from the Brink
Monday, November 20th at the RPL
Reading's own Dave Williams returns to the library to discuss four local bird species, the causes of their near demise and how their populations were reinvigorated so that now all thrive here in the commonwealth

TECH SUPPORT

Computer Drop In with Nancy
Thursday, November 2th
Thursday, November 9th
Thursday, November 30th
9:30am - 11:00am

LET'S GET DIGITAL

Let's Get Digital Featuring
With Kevin Figueroa
Thursday, November 16th
9:30am - 11:00am
Topic: Back to Basics with iPad and iPhone
Bring your own iPad and iPhone

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.

COA & EHS COFFEE HOUR

Council on Aging /Elder and Human Services
Wednesday, November 29th
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

PSC BOOK CLUB

Tuesday, November 21st
9:30 - 11:00
Please call the Pleasant Street Center at 781-942-6794 for details on the next Pleasant Street Center Book Club meeting and to sign up.

REP RICHARD HAGGERTY

Rep Richard Haggerty
Wednesday November 15th
10:15-11:15
Drop In Session
At Pleasant Street Center

LAMP REPAIR

*****November is the last month until Spring*****
Wednesday, November 1st and November 15th
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. NO LAMP SHADES**

MEN'S HUDDLE

The Pleasant Street Center Men's Huddle
Wednesday, November 22th 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 - November 1st 1:00pm - 1:45pm

Frank Tanner - November 9th 10:00am - 10:45am

Pleasant St Ctr. November 30th 10:15am - 11:00am

If you have questions or need different arrangements, please contact

Alyse Warren, RN BSN 781-942-6693

NIA VIRTUAL FITNESS CLASS

Info about classes ZOOM links, live class schedule and videos can be found at niawithlinda.com

Nia is usually done in bare feet but if you need Footwear, that's fine too. Wear comfortable workout or yoga clothing. A yoga mat is helpful for stretching for the final 15 minutes of class. Classes run for an hour For more information or questions contact Linda at contact@niawithlinda.com or (617) 851-2738

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, November 7th

By Appointment Only

1:00pm - 2:00pm



DIABETES

November is National Diabetes Month, a time when communities across the country seek to bring attention to diabetes.

Join us as we welcome Dr. Parseghian of Montvale Endocrine & Diabetes Center as he reviews the basics of Diabetes

Wednesday, November 8th from 9:30 - 10:30

Please call 781-942-6794 to reserve your spot

CAREGIVERS SUPPORT

A you a caregiver who is managing the day-to-day care of a spouse, partner or friend?

The Caregivers Support Group will be meeting monthly on the 1st Tuesday at the PSC from 10:00am to 11:30am to share experiences, talk about issues, solutions and to generally support one another through what can be a difficult journey

Please call to sign up

<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 **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 November 2023 Schedule

- 11/07: Tri-Community Greenway: Meet at the parking lot between Walgreens and Angelos on Main St. in Stoneham.
- 11/14: Sturges Park Neighborhood: Meet at the Pine Ridge Rd. parking area.
- 11/21: Pleasant St. Neighborhood: Meet at the PSC.
- 11/28: Pinevale Neighborhood: Meet at the entrance To Washington St. 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

Royal Tours

is proud to present:

A Holiday Luncheon and Show

"Sleigh Bells Swing"

featuring Award-winning

Jazz and Cabaret Vocalist

Krisanthi Pappas

at The Scenic Danversport Yacht Club

Tuesday, December 5th, 2023

Departing PSC at 11:00am

Returning PSC at 4:00pm

\$55.00 per person

Non Reading Residents are waitlisted

(partially funded by ARPA)

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

Stay tuned!