

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 October

Monday, October 9th PSC Closed for Indigenous Peoples Day

- Pg. 3 Memory Café
- Pg. 3 Movie and Pizza
- Pg. 3 Birthday Lunch
- Pg. 6 Fiber Arts
- Pg. 6 Power of Flowers (Buds and Bloom)
- Pg. 7 Intergenerational Event with *Look What I Made* "String Art"
- Pg. 7 Blue Cross Blue Shield Medicare Plan Presentations
- Pg. 7 Harrows Chicken Supper
- Pg. 7 Ovarian Cancer Presentation

TED REINSTEIN

Join Ted Reinstein from WCVB Chronicle as he Presents:
 General Stores
 Thursday, October 19th
 6:30pm - 7:30pm
 Pleasant Street Center
 RSVP at 781-942-6794



FALL WELLNESS WEDNESDAYS

Fall Wellness Wednesday Series Starts October 11th

Sessions will be held from 11:00am to 1:00pm on October 11th, 18th, 25th, November 1st and 8th at the Reading Public Library in the community room on the ground floor. Lunch will be served after each presentation. Presentation schedule to follow.

To sign up, call 781-942-6794

SLIPS...TRIPS...FALLS

Slips...Trips...Falls

What can you do to prevent falls? Join Stephanie Ramy, Occupational Therapist, for an interactive and informative class that will highlight ways you can prevent falls at home and in the community.

**Thursday, October 5th
 2:00pm - 3:00pm**

Call to reserve: 781-942-6794

HALLOWEEN LUNCHEON

**Tuesday, October 31st
 12:30pm - 1:30pm**

RSVP required 781-942-6794
 Costumes are welcomed
 Creative Arts presents:
 AJ Jerrett Caricature Arts



LUNCH AND LEARN EVENTS

Lunch and Learn 1
 With Town Manager
 "Trash Barrels"
**Wednesday, October 4th
 12:00pm - 1:00pm**
 RSVP at 781-942-6794

Lunch and Learn 2
 Acupuncture
 Presented by Matt Prouty
**Thursday, October 26th
 1:00pm - 2:00pm**
 RSVP at 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) *time changed to 11:00am

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, October 5th 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.

Open enrollment starts October 15th

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, October 19th

Scheduled appointments only

11:00am - 3:00pm

Please call for next available date and time!

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 October 11th

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, October 11th from 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, October 10th 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, October 10th 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, October 4th and October 18th

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, October 11th and October 25th

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, October 12th 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:

Uncharted (rated pg-13)

Thursday, October 19th at 12:45

Please call 781-942-6794



Treasure hunter Victor "Sully" Sullivan recruits street-smart Nathan Drake to help him recover a 500-year-old lost fortune amassed by explorer Ferdinand Magellan.

What starts out as a heist soon becomes a globe-trotting, white-knuckle race to reach the prize before the ruthless Santiago Moncada can get his hands on it. If Sully and Nate can decipher the clues and solve one of the world's oldest mysteries, they stand to find \$5 billion in treasure.

HELPFUL RESOURCES

Council on Aging Meeting:

Council on Aging Meeting: Tuesday, Oct. 10th at 6:30

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 (Appt. only)

Wed., November 15th 10:15 - 11:15

State Senator Jason Lewis Office Hour

Monday, November 6th at 1:30pm

At the Pleasant Street Center

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 change.



Walmart

Tuesday, October 3rd 10:00 a.m. - 12:00 p.m.

Redstone Shopping Center

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

Walmart

Tuesday, October 17th 10:00 a.m. - 12:00 p.m.

Woburn Village, Target or Kohl's

Tuesday, October 24th 10:00 a.m. - 12:00 p.m.

Walmart

Tuesday, October 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. 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
2 9:00 B.E.S.T. 11:15 Chair Yoga 10:30 Bingo 12:15 LUNCH 1:00 Cribbage 2:45 Zumba Gold	3 9:30 ART 10:00 Walking Club 10:30 Body & Brain 1:00 POKENO 1:00 Patient Portal 2:30 Senior Fit	4 10:00 Fiber Arts 10:00 BCBS Presentation 1:00 Drawing (Virtual) 11:45 Yoga 12:00 Lunch & Learn 1:00 Rummikub 1:45 Line Dancing	5 9:00 Tai Chi 10:00 Scutttebutt 11:00 Billiards 11:00 Strength Balance 12:30 Mahjong 2:00 Slips Trips & Falls	6 9:00 B.E.S.T. 9:00 Bridge (2 nd Floor) Closes at 12:00
9 HOLIDAY CLOSED	10 9:00 Bereavement 9:30 Art 10:00 Walking Club 10:30 Body & Brain 1:00 POKENO 1:00 Cribbage 2:30 Senior Fit	11 10:00 Fiber Arts 10:00 Ovarian Presenta. 11:00 Drawing (Virtual) 11:00 Wellness Wed. 11:45 Yoga 1:00 Rummikub 1:00 Parkinson's 1:45 Line Dancing	12 9:00 Tai Chi 11:00 Billiards 11:00 Strength Balance 12:30 Mahjong 1:00 Birthday Lunch 4:00 Intergenerational	13 9:00 B.E.S.T. 9:00 Bridge (2 nd Floor) Closes at 12:00
16 9:00 B.E.S.T. 11:15 Chair Yoga 10:30 Bingo 12:15 LUNCH 1:00 Cribbage 2:45 Zumba Gold	17 9:30 Art Trip 9:30 Power of Flower 9:30 Book club 10:00 Walking Club 10:30 Body & Brain 1:00 POKENO 1:00 Patient Portal 2:30 Senior Fit	18 9:00 Attorney Crowley 10:00 Fiber Arts 11:00 Zentangle (Virtual) 11:00 Wellness Wed. 11:45 Yoga 1:00 Rummikub 1:45 Line Dancing	19 9:00 Tai Chi 9:30 Let's Get Digital 11:00 Billiards 11:00 Podiatrist 11:00 Strength Balance 12:30 Mahjong 12:45 Movie & Pizza 6:30 Ted Reinstein	20 9:00 B.E.S.T. 9:00 Bridge (2 nd Floor) Closes at 12:00
23 9:00 B.E.S.T. 11:15 Chair Yoga 10:30 Bingo 12:15 LUNCH 1:00 Cribbage 2:45 Zumba Gold	24 9:30 Art 10:00 Walking Club 10:30 Body & Brain 1:00 POKENO 2:30 Senior Fit	25 10:00 Fiber Arts 10:00 Men's Huddle 11:00 Drawing (Virtual) 11:00 Wellness Wed. 11:45 Yoga 1:00 Rummikub 1:45 Line Dancing 3:00 COA/EHS Coffee	26 9:00 Tai Chi 9:30 Computer Drop 10:15 BP Clinic 11:00 Billiards 11:00 Strength Balance 12:30 Mahjong 1:00 Lunch and Learn Topic: Acupuncture	27 9:00 B.E.S.T. 9:00 Bridge (2 nd Floor) Closes at 12:00
30 9:00 B.E.S.T. 11:15 Chair Yoga 10:30 Bingo 12:15 LUNCH 1:00 Cribbage 2:45 Zumba Gold	31 9:30 Art 10:00 Walking Club 10:30 Body & Brain 12:30 Halloween Luncheon 1:00 POKENO 2:30 Senior Fit			

October

ATTORNEY CROWLEY

Attorney William Crowley will be offering
20 min Complimentary Elder Law Service
3rd Wednesday of each month
October 18th from 9:00am - 10:00am
Call 781-942-6794
Private appointment only

POWER OF FLOWERS

Power of Flowers (Buds and Bloom)

Each participant creates two bouquets: one to keep
and one to donate to a care facility of your choice
Tuesday, October 17th 9:30 - 11:30
Call to reserve 781-942-6794
Limited Seating for Reading Residents Only
ARPA Funded



TECH SUPPORT

Computer Drop-In with Nancy
1 day only in the month of October
Thursday, October 26th
9:30 - 11:00

LET'S GET DIGITAL

Let's Get Digital with Nancy Partnering with
Elizabeth from Reading Public Library
At Pleasant Street Center
Thursday, October 19th
9:30 - 11:00
Topic: Access to Library Online

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

Council on Aging & Elder and Human Services
Topic: New Senior Center Update
Wednesday, October 25th
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, October 17TH
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.

FIBER ARTS PRESENTATION



Wednesday, November 8th
From 10:00 - 11:30
Presents: Beverly Enos,
Demonstrating KOMA and BUNKA
Japanese Embroidery Art
Seats are Limited to 12 participants
Please call to sign up.

LAMP REPAIR

Wednesday, October 4th and October 18th
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**

The fee will be for parts only.

MEN'S HUDDLE

The Pleasant Street Center Men's Huddle
Wednesday, October 25th 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.

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

A **File of Life** allows our First Responders in an emergency to 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.

OVARIAN CANCER

The majority of women diagnosed with ovarian cancer are aged 55+

Join Danielle Sullivan from the National Ovarian Coalition as she reviews the history of the Organization, signs and symptoms of Ovarian Cancer

October 11th 10:00–11:00am

Call 781-942-6794 to reserve your spot

ASK THE NURSE/ BLOOD PRESSURE CHECKS

Pleasant St Ctr. October 26th 10:15am - 11:00am

If you have questions/ need different arrangements, please contact

Alyse Warren, RN BSN 781-942-6693

Flu clinics will be held at Cedar Glen and Frank Tanner for their residents only

NIA VIRTUAL FITNESS CLASS

Nia is a fun internationally acclaimed cardiovascular mind-body movement that combines movement from three disciplines: Martial Arts, Dance Arts and Healing Arts.

Zoom links, live class schedule and videos can be found at
niawithlinda.com

Classes run for an hour

For more information contact Linda at:
contact@niawithlinda.com or by phone at 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, October 3rd & Tuesday, October 17th
By Appointment Only 1:00pm - 2:00pm**

INTERGENERATIONAL EVENT

Join Reading Recreation and Pleasant Street Center Presents:

“Look What I Made “

Thursday, October 12th from 4:00pm - 6:00pm

Pumpkin String Art

Intergenerational Program Ages 8 +

Call 781-942-6794 to sign up

HARROWS CHICKEN SUPPER

Enjoy a delicious dinner served by Reading Police along with a meet and greet

Thursday, November 2nd, 2023

Starts at 5:00pm with doors open at 4:30pm

Pleasant Street Center

49 Pleasant Street, Reading, MA

Open to Reading residents age 60+

RSVP required at (781) 942-6794

BLUE CROSS BLUE SHIELD MEDICARE

Medicare can be confusing. It is so important to find coverage that fits your needs. Join us as Heather Heard from Blue Cross Blue Shield reviews the differences between Medicare Supplement and Medicare Advantage plans **Wednesday, October 4th at 10:00**
Please call 781-942-6794 to reserve your spot

<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 **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 October 2023 Schedule

- 10/3: Meet at Town Hall.
- 10/10: Meet at Parking lot Ipswich River Park North Reading.
- 10/17: Meet on Birch Meadow Rd Path across from Oakland Ave. Walking Poet's Corner neighborhood.
- 10/24: Meet at Washington Park.
- 10/31: Meet at Pleasant Street Center.

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 Tour Trips:

Marlena Phillips Turkey Trains & Tunes

Trip Date: 10/13/2023

\$55.00

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

RSVP: Started September 1st

***60's Patriotic Tribute
& Lunch at Danversport
Wednesday, November 1st
RSVP started September 1st***

\$55.00

Topsfield Fair

Tuesday, October 2nd

Departing from PSC at 9:45am

Returning to PSC at 3:00pm

Open to Non Reading Residents 9/25

Limited to 14 Persons

Tickets and Lunch at your discretion

Non Reading Residents are waitlisted

Are partially funded by ARPA