

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
lantinoro@ci.reading.ma.us
(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

Volunteer Coordinator

Janet Dubow 781-942-6608
jdubow@ci.reading.ma.us

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



New Year New Policy

To help ensure all members have an equal opportunity to sign up for events, we are now limiting event registration to one member plus one additional guest. We cannot accommodate multiple registration by one person.

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!

PSC is closed

Monday, February 19th in Observance of President's Day

Inclement Weather Policy

If Reading Public Schools are closed due to inclement weather, the Pleasant Street Center will be closed. Staff will be available via phone for questions.

FORENSIC ROADSHOW

Venture into the world of CSI with this interactive program that introduces you to the fascinating subject of forensic science.

Join Paul Zambella
Thursday, February 1st
1:30 - 3:30

Call to reserve your spot
781-942-6794



HAIRDRESSER

We are excited to announce
Linda Sullivan

Licensed Hair Dresser

Tuesday, February 13th

By appointment only

9:00 - 1:30

RSVP: 781-942-6794

Trim and Blow out only

Washed hair preferred

Gratuities are Welcomed

Reading Residents Only

Funded by ARPA



TAX PREPARATION

In cooperation with AARP and the Internal Revenue Service (IRS), Federal and state income tax preparation assistance is provided with a trained volunteers.

By Appointments Only

Please call the Pleasant Street Center for further details at
781-942-6794
(No Walk-ins)

BARRY PELL

**Photojournalist Barry Pell
Presents:**

"The Timeless Landscape of the Channel Islands"
Wednesday, February 7th
10:30 - 11:30

Call to reserve your spot
781-942-6794

LUNCH AND LEARN

**Nick Zaino
Presents:**

100 Years of Boston Comedy

Thursday, February 29th
1:00 - 2:00

Call to reserve your spot
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 /Zumba 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**Pom Pom Dance Exercise: reservation required
(No walk-ins)**

8:30-9:30 (FREE)

Location: Great Room

Strength & Balance with Terry: 11:00am - 12:00pm

(Free) Location: Great Room

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

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

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****VETERANS SCUTTLEBUTT****Thursday, February 1st at 10:00**

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.

COMPLETE FOOT CARE

Monthly Foot care Services

Marie Anderson RN

A Certified Foot Care Specialist

Thursday, February 15th

Scheduled appointments only

11:00 - 3:00

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
February 14th at 10:00**

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, February 14th 1:00 - 2:00

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, February 14th
9:00 to 10:00**

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.

MEMORY CAFÉ

Reading Elder & Human Services in partnership with the Reading Public Library are committed to bring social connections to individuals living with a memory impairment & their care partners through the Memory Café.

**Join us Tuesday, February 13th from 10:30 - 12:00
at Reading Public Library for Valentines Day
treats and games**

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, February 7th and February 21st
11:00 to 12:00**

Zentangle Materials : paper, pencil, pen that writes nicely (Micron), blending tool such as a tortillon/blending stump
(cotton swab could work in a pinch).

Please call to sign up and for the link

Virtual Drawing with Susan

**Wednesday, February 14th and February 28th
11:00 to 12:00**

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.

Please call to sign up and for the link

BIRTHDAY LUNCH

Thursday, February 8th at 1:00

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 12:45*



PIZZA AND A MOVIE



Featuring: **Ticket to Paradise (pg-13)**

A Romantic comedy film starring George Clooney & Julia Roberts as a divorced couple who team up to sabotage the impending wedding of their daughter in Bali.

Thursday, February 22nd Start time = 12:45pm

Please call 781-942-6794 to sign up



HEART HEALTH

February is American Heart Month

Join us as we welcome Anne Marie Bourque, Gerontological Nurse Practitioner as she reviews the importance of heart health & our wellbeing

Thursday, February 8th at 10:00

Please call 781-942-6794 to reserve your spot



HELPFUL RESOURCES

Council on Aging Meeting:

Next Council on Aging Meeting: Monday, Feb 12th

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

Senator Jason Lewis Office Hours

Monday, March 4th

1:30 - 2:30 by appointment only

Please call 781-942-6794 to make your appointment

READING SELECT BOARD OFFICE HOURS

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

Contact the Select Board anytime at
selectboard@ci.reading.ma.us

ON THE GO!

Van transportation is a free service for our Reading senior community (60+)

Reservations are required at least 48 hours in advance by calling the Pleasant Street Center (781) 942-6794. Seating is limited. Trips are subject to change.



Walmart

Tuesday, February 6th 10:00 a.m. - 12:00 p.m.

Redstone Shopping Center

Tuesday, February 13th 10:00 a.m. - 12:00 p.m.

Walmart

Tuesday, February 20th 10:00 a.m. - 12:00 p.m.

Woburn Village, Target or Kohl's

Tuesday, February 27th 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 .

MVES TRIP Program

If you live in Reading, no longer drive and public transportation isn't an option, you can still dine out, get to medical appointments, and shop where you like. Call (781) 388-4819 to see if you qualify for TRIP. This free program gives you mileage money to reimburse friends, neighbors, and certain family members for taking you where you need to go.

FRIENDS OF READING SENIORS 60 +

Are you looking to meet new friends while supporting Reading seniors?
Friends of Reading Seniors 60 + is a newly formed non-profit whose mission is to advocate and fund-raise for services & activities that enhance the dignity of seniors, support their independence and encourage social interaction.
Interested?
Please contact via email:
friendsofreadingseniors@gmail.com

Mon	Tue	Wed	Thu	Fri
			<p>1</p> <p>8:30 Pom Poms 9:00 Fuel Assistance 9:30 Computer appt 10:00 Scuttlebutt 11:00 Billiards 11:00 Strength Balance 12:30 Mahjong 1:30 Forensic Roadshow</p>	<p>2</p> <p>9:00 B.E.S.T. 9:00 Bridge (2nd Floor) Closes at 12:00</p>
<p>5</p> <p>9:00 B.E.S.T. 10:30 Bingo 11:15 Chair Yoga 12:15 Lunch 1:00 Cribbage 2:45 Zumba Gold</p>	<p>6</p> <p>9:30 ART 10:00 Walking Club 10:00 Caregiver Supp 10:30 Body & Brain 1:00 POKENO 2:30 Senior Fit</p>	<p>7</p> <p>10:00 Fiber Arts 10:30 Photojournalist 11:00 Zentangle (Virtual) 11:45 Yoga 1:00 Rummikub 1:45 Line Dancing</p>	<p>8</p> <p>8:30 POM POMS 9:30 Computer appt 10:00 Heart Health 11:00 Billiards 11:00 Strength Balance 12:30 Mahjong 1:00 Birthday Lunch</p>	<p>9</p> <p>9:00 B.E.S.T. 9:00 Bridge (2nd Floor) Closes at 12:00</p>
<p>12</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>13</p> <p>9:00 Hairdresser 9:30 Art 10:00 Walking Club 10:30 Body & Brain 1:00 POKENO 2:30 Senior Fit</p>	<p>14</p> <p>9:00 Bereavement 10:00 Fiber Arts 1:00 Parkinson's Support 11:00 Drawing (Virtual) 11:45 Yoga 1:00 Rummikub 1:45 Line Dancing</p>	<p>15</p> <p>8:30 Pom Poms 9:30 Let's Get Digital 11:00 Billiards 11:00 Podiatry 11:00 Strength Balance 12:30 Mahjong 12:45 Valentine's Luncheon</p>	<p>16</p> <p>9:00 B.E.S.T. 9:00 Bridge (2nd Floor) Closes at 12:00</p>
<p>19</p> <p>PSC Closed President's Day</p>	<p>20</p> <p>9:30 Art 10:00 Walking Club 10:30 Body & Brain 1:00 POKENO 1:00 Cribbage 2:30 Senior Fit</p>	<p>21</p> <p>10:00 Fiber Arts Presents 11:00 Zentangle (Virtual) 11:45 Yoga 1:00 Rummikub 1:45 Line Dancing 3:00 Seniors 60+ Happenings</p>	<p>22</p> <p>8:30 Pom Poms 9:30 Computer appt 10:15 BP checks 11:00 Billiards 11:00 Strength Balance 12:30 Mahjong 12:45 Movie & Pizza</p>	<p>23</p> <p>9:00 B.E.S.T. 9:00 Bridge (2nd Floor) Closes at 12:00</p>
<p>26</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>27</p> <p>9:30 Art 10:00 Walking Club 10:30 Body & Brain 1:00 POKENO 1:00 Patient Portal 2:30 Senior Fit</p>	<p>28</p> <p>10:00 Fiber Arts 10:00 Musical History 11:00 Zentangle (Virtual) 11:45 Yoga 1:00 Rummikub 1:45 Line Dancing</p>	<p>29</p> <p>8:30 Pom Poms 9:30 Computer appt 10:15 BP Screening 11:00 Billiards 11:00 Strength Balance 12:30 Mahjong 1:00 Lunch and Learn</p>	

ATTORNEY CROWLEY

Attorney William Crowley
Will be returning in the Spring stay tuned

VALENTINE LUNCHEON

Join us
Thursday, February 15th
at 12:45
Entertainment by Tommy Rull
Starting at 1:15 to 2:15
Call 781-942-6794 to reserve your spot
Non Reading Residents registration starts
Thursday, February 1st



TECH SUPPORT

Tech Support for February will be by appointment only. Please call the PSC to make an appointment.

Please Note: The PSC Computer Lab is open Monday through Thursday 8:30 to 3:30 and on Fridays from 8:30 to 11:30 unless reserved for SHINE appointments.

LET'S GET DIGITAL

Let's Get Digital Featuring
With Kevin Figueroa
Thursday, February 15th
9:30 - 11:00

Topic: Editing Photos on iPhone & iPad
Class 2 of 2

Please bring your own iPad, iPhone or Laptop

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.

READING 60+ HAPPENINGS

Take a break and join the COA and EHS for afternoon refreshments on

Wednesday, February 21 from 3:00pm - 4:00pm

The Council on Aging and Elder Human Services (E.H.S.) will be sharing the latest Reading updates on the new senior center and EHS programs. Stay informed! Please call to register.

PSC BOOK CLUB

Studio 64 Book Club will be meeting

at the Reading Public Library

Friday, February 23rd at 10:30

Book: *Everyone Knows Your Mother is a Witch*

For additional information, please call 781-942-0840

FIBER ARTS

Fiber Arts Presents

Amy Ropple

Drawing with Stitch

Wednesday, February 21st from 10:00 to 11:30

Limited Space 12 MAX

Registration required Please call 781-942-6794

FUEL ASSISTANCE

Greater Lawrence Community Action Council, Inc. (GLCAC)

Fuel Assistance: Aid is available to pay a portion of winter heating bills for the primary heat source for households meeting federal income guidelines. Payments are made directly to the fuel provider. Applies only to oil, propane, coal, wood, gas, kerosene & electric. If you need an application or are new to the program, please contact (978) 681-4950. Please call 781-942-6794 to book your appointment.

The deadline to apply is April 30, 2024

Fuel Assistance with Rep Deb Rodriguez

Thursday, February 1st 9:00-12:00pm (15 min appts)

Thursday, March 7th 9:00-12:00pm (15 min appts)

PSC MEN'S HUDDLE

February 28th 10:00 - 11:00

Join PSC Administrator Chris K. for refreshments and conversation.

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 - February 7th 1:00pm - 1:45pm

Frank Tanner - February 15th 10:00am - 10:45am

Pleasant St Ctr. - February 29^h 10:15am - 11:00am

If you have questions or need different arrangements, please contact

Alyse Warren, RN BSN 781-942-6693

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, February 27th
By Appointment Only
1:00 - 2:00



PREPARING DUMPLINGS

Evelyn Chu

Reading Resident

Cooking Demonstration

Wednesday, February 28th

5:30 pm - 6:30 pm

Registration required please call 781-942-6794

Space is limited to 15 participants

Please let us know of any known allergies upon sign up



GREAT AMERICAN MUSIC HISTORY

John Clark and his Great American Music Experience

Presents

Rhumba! Samba! Tango! Mambo

Wednesday, February 28th at 10:00 - 11:00

Call to register

781-942-6794



CAREGIVERS SUPPORT

Are 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.

Next meeting on Tuesday, February 6th
10:00-11:00

Please Call the PSC to Sign Up

Reading Elder Services 16 Lowell Street Reading, MA 01867	<h1>PLEASANTRIES</h1> <p>Reading's Newsletter for Residents 60+</p> <p>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 February 2024 Schedule

02/06: Meet at Panera, Market Street Lynnfield

02/13: Meet at Pleasant Street Center -

Walk Downtown

02/20 Meet at Barrows School Parking area -

Walk neighborhood

02/27: Meet at Sturges Parking Lot -

Walk 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.

MARCH EVENTS

Pleasant Street Center

Presents:

DELVENA THEATRE COMPANY

Mangia, Meatballs & Murder



Thursday, March 7th 1:30 - 2:30

Refreshments only



Registration Opens

Thursday, February 22nd

Registration required at 781-942-6794

LAMP REPAIR WILL RESUME IN THE SPRING

The Pleasant Street Center would like to thank

Biff Kazazian

for all his time and work he has given to lamp repairs over this past year. We look forward to seeing you in the Spring.

Thank you!

Please Note: Lamp repair will resume in the Spring.