

# 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

**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 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!

After dedicating over 9 years of exceptional care to the Pleasant Street Center community, our Nurse Advocate Alyse Warren is embarking on a new chapter. With great sadness we announce her departure from the Pleasant Street Center as she shifts her focus to Home Care. Alyse has been an invaluable member of our team, and we will miss her. We wish her much success and fulfillment in her new endeavor.

**THE ILLUSIONIST**

Lyn Dillies

Lyn's spectacular, eye-defying illusions have been astounding audiences for over two decades.

Thursday, April 18<sup>th</sup>

1:30-2:30

ARPA Funded



Call to register  
781-942-6794

**HAIRDRESSER**

We are excited to announce  
Linda Sullivan

Licensed Hair Dresser

**Tuesday, April 9<sup>th</sup>**

**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

ARPA Funded



**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)

Last Day of Appointment is April 10<sup>th</sup>

**INTERGENERATIONAL**



Historical Women

Sheryl Faye

Presents

Sally Ride

America's First Woman Astronaut

Thursday, April 18<sup>th</sup>

4:00 - 5:00

(ARPA Funded)

Call to register 781-942-6794

**LUNCH AND LEARN**

Herb Crehan

a recognized authority on Boston baseball history and the publisher of  
www.bostonbaseballhistory.com

Presents:

*What Was Johnny Pesky Really Like?*

Thursday, April 4<sup>th</sup> 1:00 - 2:00

Call to register

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 (2<sup>nd</sup> Floor)

### Tuesdays

**Art with Steve:** 9:30 - 11:30 (\$40/mo 1<sup>st</sup> class free)

**Pokeno:** 1:00 - 3:00 \*Bring your pennies!

### Wednesdays

**Rummikub:** 1:00 - 3:00 (2<sup>nd</sup> Floor)

**Fiber Art :** 10:00 - 11:30 (2<sup>nd</sup> Floor)

### Thursdays

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

**Mahjong:** 12:30 - 3:30 (2<sup>nd</sup> Floor)

### Fridays

**Bridge:** 9:00 - 12:00 (2<sup>nd</sup> Floor)



= Ride Available

## VETERANS SCUTTLEBUTT

### Thursday, April 4<sup>th</sup> 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 NP

A Certified Foot Care Specialist

**Thursday, April 18<sup>th</sup>**

**Scheduled appointments only**

**11:00 - 3:00**

**781-942-6794**

ARPA Funded

Reading Residents only

## LOW VISION GROUP

### Low Vision Group

Support group for those experiencing varying degrees of vision loss. Meets the **2<sup>nd</sup> Wednesday** of every month.

**Meets via conference call on  
Wednesday, April 10<sup>th</sup> at 10:00**

Please call 781-942-6794 if you would like more information

Sponsored by:

MA Association for Blind and Visually Impaired

## PARKINSON AWARENESS MONTH EVENT

### Parkinson's Disease Support Group

**Wednesday, April 10<sup>th</sup> 1:00 - 2:00**



Led by Kathy Hill, PT with the Greater Medford VNA.

### Join us for a Parkinson Awareness Month

Information Session with Kathy Hill, PT

**On Thursday, April 11<sup>th</sup> 9:30 - 10:30**

Please call 781-942-6794 for either event

Please call 781-942-6794 to reserve a spot

## BEREAVEMENT GROUP \*DAY CHANGE\*

**Wednesday, April 10<sup>th</sup>  
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 2<sup>nd</sup> Wednesday of every month.

## VIRTUAL ART

### Virtual Zentangle and Drawing

Susan is a Certified Zentangle Instructor

**Wednesday, April 3<sup>rd</sup> and April 17<sup>th</sup>  
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, April 10<sup>th</sup> and April 24<sup>th</sup>  
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, April 11<sup>th</sup> 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

### WONKA

“Wonka” tells the wondrous story of how the world’s greatest inventor, magician and chocolate-maker became the beloved Willy Wonka we know today.  

Thursday, April 25<sup>th</sup> starting at 12:45

Call to register 781-942-6794

## BARRY PELL

“Galápagos - Enchanted Islands of the Pacific”

Lecturer and photojournalist

Barry Pell recently visited the Galápagos and will discuss and present his photography of this splendid and fragile ecosystem.

**Wednesday, April 24, 2024 starting at 10:30 - 11:30**

### HELPFUL RESOURCES

**Council on Aging Meeting:**

Next Council on Aging Meeting: April 8th at 6:30pm

**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

**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) 722-2080  
Richard.Haggerty@mahouse.gov

### Senator Jason Lewis Office Hours

Next Office Hour: Monday, May 6<sup>th</sup>  
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, April 2<sup>nd</sup> 10:00 a.m. - 12:00 p.m.

**Redstone Shopping Center**

Tuesday, April 9<sup>th</sup> 10:00 a.m. - 12:00 p.m.

**Walmart**

Tuesday, April 16<sup>th</sup> 10:00 a.m. - 12:00 p.m.

**Woburn Village, Target or Kohl's**

Tuesday, April 23<sup>th</sup> 10:00 a.m. - 12:00 p.m.

**Walmart**

Tuesday, April 30<sup>th</sup> 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 9:30 - 10:30 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:  
friendsofreaddingseniors@gmail.com

Mon	Tue	Wed	Thu	Fri
1 9:00 B.E.S.T. 10:30 Bingo 11:15 Chair Yoga 12:15 Lunch 1:00 Cribbage 2:45 Zumba Gold	2 9:30 ART 10:00 Walking Club 10:00 Caregiver Supp 10:30 Body & Brain 1:00 POKENO 2:30 Senior Fit	3 10:00 Fiber Arts 11:00 Zentangle (Virtual) 11:45 Yoga 1:00 Rummikub 1:45 Line Dancing	4 8:30 Pom Poms 9:30 Fuel Asst last day 9:30 Computer appt 10:00 Scuttlebutt 11:00 Billiards 11:00 Strength Balance 12:30 Mahjong 1:00 Lunch and Learn	5 9:00 B.E.S.T. 9:00 Bridge (2 <sup>nd</sup> Floor)  Closes at 12:00
8 9:00 B.E.S.T. 10:30 Bingo 11:15 Chair Yoga 12:15 Lunch 1:00 Cribbage 2:45 Zumba Gold	9 9:00 Hairdresser 9:30 ART 10:00 Walking Club 10:00 Caregiver Supp 10:30 Body & Brain 1:00 POKENO 2:30 Senior Fit	10 9:00 Bereavement 10:00 Fiber Arts 10:00 British Version Pre. 11:00 Drawing (Virtual) 11:45 Yoga 1:00 Parkinson's Support 1:00 Rummikub 1:45 Line Dancing	11 8:30 POM POMS 9:30 Computer appt 9:30 Parkinson's Presentation 11:00 Billiards 11:00 Strength Balance 12:30 Mahjong 1:00 Birthday Lunch	12 9:00 B.E.S.T. 9:00 Bridge (2 <sup>nd</sup> Floor)  Closes at 12:00
15 <b>Closed for Patriots Day</b> 	16 9:30 Art 10:00 Walking Club 10:30 Body & Brain 1:00 POKENO 1:00 Cribbage 2:30 Senior Fit	17 9:00 Elder Law Presents 10:00 Fiber Arts Presents 11:00 Zentangle Virtual 11:45 Yoga 1:00 Rummikub 1:45 Line Dancing	18 8:30 Pom Poms 9:30 Let's Get Digital 11:00 Billiards 11:00 Podiatry 11:00 Strength Balance 12:30 Mahjong 1:30 Lyn Dillies 4:00 Intergenerational	19 9:00 B.E.S.T. 9:00 Bridge (2 <sup>nd</sup> Floor)  Closes at 12:00
22 9:00 B.E.S.T. 11:15 Chair Yoga 10:30 Bingo 12:15 Lunch 1:00 Cribbage 2:45 Zumba Gold	23 9:30 Art 10:00 Walking Club 10:30 Body & Brain 1:00 POKENO 1:00 Cribbage 2:30 Senior Fit	24 10:00 Men's Huddle 10:00 Fiber Arts 10:30 Barry Pell Galápag 11:00 Drawing (Virtual) 11:45 Yoga 1:00 Rummikub 1:45 Line Dancing 3:00 Senior Ctr. Updates	25 8:30 Pom Poms 9:30 Bus Tour 9:30 Computer appt 10:00 Foot Care Pres 11:00 Billiards 11:00 Strength Balance 12:30 Mahjong 12:45 Movie & Pizza "WONKA"	26 9:00 B.E.S.T. 9:00 Bridge (2 <sup>nd</sup> Floor)  Closes at 12:00
29 9:00 B.E.S.T. 11:15 Chair Yoga 10:30 Bingo 12:15 Lunch 1:00 Cribbage 2:45 Zumba Gold	30 9:30 VAN TRIP 9:30 Art 10:00 Walking Club 10:30 Body & Brain 1:00 POKENO 2:30 Senior Fit			

### ATTORNEY CROWLEY

Attorney William Crowley  
**Wednesday, April 17<sup>th</sup> 9:00 - 10:00**  
Elder Law Presentation

### READING PUBLIC LIBRARY

**A Brief History of the Coast Guard | April 16**  
1:00pm | Conference Room or Virtual

Did you know that Massachusetts is the birthplace of the Coast Guard? In this virtual presentation by Captain Greg Ketchen, USCG, Retired, you will learn all about the Coast Guard's rich history, its mission, and the contributions of those who have served right here in the Bay State. Join a virtual viewing party at the library, or watch via Zoom, link on our Event Calendar: <https://libcal.readingpl.org/event/11963738>  
781-942-6697

### TECH SUPPORT

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

**Please Note:** The PSC Computer Lab is open  
Monday - 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 John Tedesco  
**Thursday, April 18<sup>th</sup>**  
**9:30 - 11:00**

Topic: Android Basic 101  
Please bring your own Andoid Phone & Laptop  
Call to Reserve 781-942-6794

### 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.

### NEW SENIOR CENTER UPDATES

Take a break and join the COA and EHS for afternoon refreshments on  
Wednesday, April 24<sup>th</sup> from 3:00 - 4:00  
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! Call to register.

### PSC BOOK CLUB

Studio 64 Book Club will be meeting  
at the Reading Public Library  
Friday, April 19<sup>th</sup> at 10:30  
**Book: *The Family Chao***  
For additional information, please call 781-942-0840

### FIBER ARTS

Fiber Arts Presents  
Amy Ropple  
Stitching and Beads Part 2  
**Wednesday, April 17<sup>th</sup> 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, April 4<sup>th</sup> 9:00 - 12:00pm (15 min appts)  
Please Note: Last Day

### PSC MEN'S HUDDLE

**Wednesday , April 24<sup>th</sup> 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



## 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**

The **File of Life** is available at the Pleasant Street Center and are provided through a donation from the Fire Dept Local Union 1640.

## BUS TRIPS



Royal Tours presents  
**The Newport Playhouse**  
**"The Foursome"**

**With a Buffet Luncheon  
and a Cabaret Show**  
**Thursday, April 25<sup>th</sup>, 2024**

Departs PSC 9:30

Returns to PSC 6:00

\$65.00 per person

Check Payable to Royal Tours  
(partially funded by ARPA)

## MAY EVENTS



Cindy Rivka Marshall  
Storyteller

**Thursday, May 9<sup>th</sup> 1:30 - 2:30**

A 50-minute dramatic presentation of both personal stories and multicultural folktales on the theme of mothers, in honor of Mother's Day.

Registration Begins April 25<sup>th</sup>  
Non Reading Residents May 2<sup>nd</sup>

Call to reserve 781-942-6794

ARPA Funded

## 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 11:00am to share experiences, talk about issues, solutions and to generally support one another through what can be a difficult journey.

**Next meeting on Tuesday, April 2<sup>nd</sup>**  
**10:00 - 11:00**

Call to reserve 781-942-6794

## MAY EVENTS



**Power of Flowers**  
**Wednesday, May 1st**

**9:30 - 11:30 Flower Bouquet  
Creation Workshop**

**Each participant creates two bouquets: one to keep and one to donate to**

**Sawtelle Family Hospice House**

Registration starts Wednesday, April 10<sup>th</sup>

Non Reading Residents Wednesday, April 24<sup>th</sup>  
781-942-6794 (ARPA Funded)

Join us for a Special Mother's Day Morning Tea  
with  
Harpist



**Emily Halpern Lewis**

**Wednesday, May 8<sup>th</sup> 10:00 - 11:00**

Registration starts Wednesday, April 24<sup>th</sup>

**Non Reading Residents**

**Wednesday, May 1<sup>st</sup> 781-942-6794**  
**(ARPA Funded)**

## 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

### Did you know:

You can obtain a copy of the *Pleasantries* at several locations around town or via email at [readingma.gov](http://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 April 2024 Schedule

- 04/02: Meet at Market St. Lynnfield at Panera
- 04/09: Meet at Washington St. entrance to Washington Park
- 04/16 Meet at Reading Public Library
- 04/23: Meet at the Pleasant Street Center
- 04/30: Meet in Home Goods Parking Lot in Reading

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.



Volunteer  
Spotlight

Ralph DiGiacomo  
Bingo Caller

**How long have you been volunteering at The Pleasant Street Center?** I have been doing Bingo calling for 4 or 5 years.

**How did you get started volunteering at The Pleasant Street Center?** I got started as a volunteer when I was a player originally then the staff at the senior center asked for a volunteer to help call the games. My neighbor and friend Richard Morello knew that I was a caller and told the staff that he had a great candidate! The rest is history.

**What's your favorite thing about volunteering at The Pleasant Street Center?** I enjoy keeping busy and helping people when I can as I am retired. I also enjoy calling and seeing the expressions on people's faces when they have Bingo is priceless.

**What would you say to someone who's thinking of volunteering?** If anyone is considering volunteering I would say it's fun, you meet new people or friends at the Senior Center. The hours are flexible, and the Center has a wonderful staff to work with.