

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/205/Elder-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.



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.

ANNOUNCEMENT

The week of September 16 -20 the PSC Great Room will be Closed for replacement of our Audio/Video system.

All programs held in the Great Room this week will be cancelled

KRISTA RUBIN M, CNP of Melanoma from Mass General Hospital

Presents: How to Protect Aging Skin from Center

Wednesday, August 7th from 10:00 - 11:00

Call to Register at 781-942-6794

ICE CREAM SOCIAL

Bear Mountain Healthcare
 Ice cream Social
 At the Pleasant Street Center
 Thursday, August 1st
 1:30 - 2:30



A.J. JERRETT SKETCHBOOK

A.J. Jerrett from Creative Arts

Presents:

"Create a Sketch Journal" Series

Wednesday, August 7th 10:00 - 11:30

Wednesday, August 14th 10:00 - 11:30

Wednesday, Sept 4th 10:00 - 11:00

Wednesday, Sept 11th 10:00 - 11:30

Seats are Limited to 12 MAX

Register at 781-942-6794

VAN TRIP

**Fenway Park Tour
 (Rain or Shine)**

Tuesday, August 13th
 Departing PSC at 9:30
 Returning at 3:30

Lunch at your discretion
 Call to register
 Seating is Limited to 10
 Reading residents only

LUNCH AND LEARN

Pleasant Street Center Presents:

**Sarah Madeleine T. Guerin,
 Artist, Bootmaker & Scholar
 "Ten Footers – History and Living
 Traditions"**

Wednesday, August 28th
 11:30 - 12:30

Call to Register 781-942-6794
 Catered by Fat Larry's

ARTISTS

Calling all artists!

We are excited to showcase the incredible talent of our senior artists in the upcoming fall editions of Pleasantry. We invite you to submit photos of your creative work you have crafted.

Each month, we will select one artist to be featured.

To be considered, please send a photo of your artwork to Janet at JDubow@ci.reading.ma.us

FITNESS

Mondays

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

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

Location: Great Room

Chair Yoga: *8/5 Class Cancelled

11:15am - 12:15pm Free

Location: 2nd Floor

Zumba Gold with Kelli:

2:30pm - 3:15pm (\$5.00 per class)

Location: Great Room

Tuesdays

Body and Brain Flexibility with Yasmin:

10:30am - 11:30am (\$5.00/class) *8/6 Class Cancelled

Location: 2nd Floor

Senior Fit /Zumba with Kelli: *8/13 Class Cancelled

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: *8/21 Class Cancelled

1:45am - 2:30pm (Free)

Location: Great Room

Thursdays

Pom Poms with Joie Edson: (20 Max) 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)

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)

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, September 5th

10:00 - 11:00

TOPIC: National POW/MIA DAY

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

Certified Foot Care Specialist

Scheduled appointments only

Thursday, August 15th 11:00 - 4:00

&

Thursday, September 5th 12:00 - 3:00

Call 781-942-6794 to make an appointment

ARPA Funded

LOW VISION GROUP

Low Vision Group

Support group for those experiencing varying degrees of vision loss. Starting in September 2nd Wednesday of every month.

Next Meeting via conference call will be in September 11th

Please call 781-942-6794 for more information

Sponsored by:

MA Association for Blind and Visually Impaired

No Virtual Group August

PARKINSON SUPPORT GROUP

Parkinson's Disease Support Group

Meets the 2nd Wednesday of every month

Next meeting is Wednesday, August 14th

1:00 - 2:00

Led by Kathy Hill, PT with the Greater Medford VNA. Call to register 781-942-6794

BEREAVEMENT GROUP *DAY CHANGE

Wednesday, August 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.

Please call 781-942-6794 to reserve a spot

HAIRDRESSER

Linda Sullivan -Licensed Hair Dresser

Tuesday, September 10th

9:00 - 1:30

By appointment only : 781-942-6794

Trim and Blow out only

Washed hair preferred

Gratuities are Welcomed

Reading Residents Only

APRA Funded

VIRTUAL ART

Virtual Zentangle and Drawing

Susan is a Certified Zentangle Instructor

Wednesday, August 7th and August 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, August 14th and August 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, August 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



Thursday, August 22nd Starts 12:45



Presenting: Summer Camp

Childhood best friends Nora, Ginny and Mary used to spend every summer at a sleepaway camp together. Years later, they seize the opportunity to return to the camp for a reunion filled with food fights, river rafting, and emotional revelations.

Call to register 781-942-6794

DEI DIRECTOR ALBERT PLESS

Please Join Albert Pless, Jr.

Director of Equity and Inclusion (DEI) as he presents

What does DEI mean for Seniors

Wednesday, August 14th

10:00 - 11:00

Registration 781-942-6794

HELPFUL RESOURCES

Council on Aging Meeting:

Next Council on Aging Meeting: August 12th 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, Chair

carlo.bacci@ci.reading.ma.us

Melissa Murphy, Member

melissa.murphy@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 September 9th
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, August 6th 10:00 a.m. - 12:00 p.m.

Redstone Shopping Center

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

Walmart

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

Woburn Village, Target or Kohl's

Tuesday, August 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 9:30 - 10:30 a.m.

Tannerville: Fridays 8:30 - 9:30 a.m.

Rules of the road...

- All riders must meet the Standards of Independence for participation at the Pleasant Street Center.
- Seatbelts are required until the van comes to a complete stop.
- 4 bags per rider.
- Please be on time for all pickups!
- 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.

POM POMS

Pom Pom Dance Returns on Thursday, August 1st

From 8:30am to 9:30am

(Every Thursday)

Call to Register at 781-942-6794

(Sign up is limited to 20)

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

READING PUBLIC LIBRARY PRESENTS

Laughter in the Kitchen Thursday, August 8th | 7:00pm
Community Room Join us for a unique baking workshop!
Recipes, samples & fun

<https://libcal.readingpl.org/event/12406848>

Hiring a Reliable Contractor Tuesday, August 27th | 6:00pm |
Community Room Get informative tips and tricks about hiring a
contractor! Space is limited - registration opens Aug. 6.
<https://libcal.readingpl.org/event/12382322>

LAMP REPAIR

Summer Hours:
Wednesday, August 7th and August 21st

Please affix a note on your lamp stating your name,
telephone number, address and issue.

**Note: Please wipe down your lamp before dropping it
off and no lamp shades**

The fee will be for parts only.
Call 781-942-6794 for information

TECH SUPPORT

Tech Support with Nancy Ziemplack will **Restart in
September by appointment only.**

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 Next Workshop
Thursday, August 8th from 9:30 - 11:00
Navigating the Settings on iPhone iPad devices
Please bring your own Devices
Call to Register 781-942-6794
Seats are Limited to 15

LOOKING AHEAD: SEPTEMBER EVENTS

Wednesday, September 11th from 12:00 - 1:00
Lunch and Learn

AARP: 6 Pillars of Brain Health

Thursday, September 12th from 1:30 - 3:30
Sound of Healing with Lisa Kowski
(30 Max)

Registration for both events begins August 21st

NEW SENIOR CENTER UPDATES

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

Wednesday, August 28th 3:00 - 4:00

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

781-942-6794

PSC BOOK CLUB

Studio 64 Book Club next meeting
at the Reading Public Library

Friday, September 27th

10:30 - 12:00

Book: TBA

For additional information, please call 781-942-0840

FIBER ARTS

Fiber Arts sit and chat while working on your own
project and share your creativity! Bring your own yarn,
knitting needles, crochet hooks or other fiber projects

All are welcome!

Wednesdays 10:00 to 11:30

Wednesday, August 21st Class Cancelled

Please call 781-942-6794 for more information

FIBER ARTS PRESENTS

Amy Ropple

Demonstrating "Stitch Class"

Wednesday, August 21st

10:00 - 11:30

Kits Included

Seating is Limited to 12

Reading Residents Only

ARPA Funded

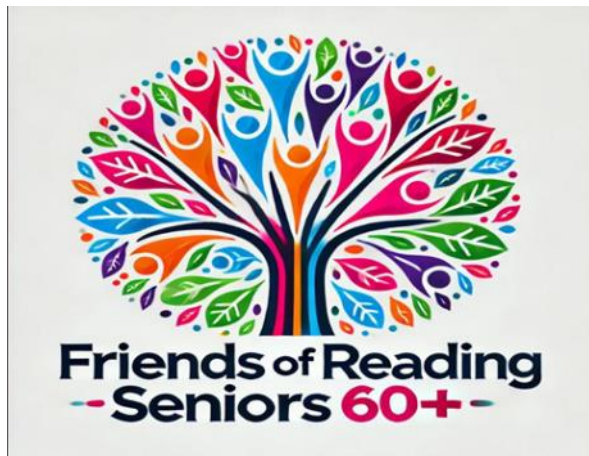
PSC MEN'S HUDDLE

Wednesday, August 28th from 10:00 - 11:00

Join EHS Administrator Chris K. for refreshments and
conversation.

For more information or to sign up, call
781-942-6794

Monday	Tuesday	Wednesday	Thursday	Friday
				
5	6	7	8	9
9:00 B.E.S.T. 10:30 Bingo 11:15 Chair Yoga (Cancelled) 12:15 Lunch 1:00 Cribbage 2:30 Zumba Gold	9:30 ART 10:00 Walking Club 10:30 Body & Brain (Cancelled) 1:00 POKENO 2:30 Senior Fit	10:00 Fiber Arts 10:00 Aging Skin Presen 10:00 Sketch Book 11:00 Zentangle (Virtual) 11:00 BP Check 11:45 Yoga 1:00 Rummikub 1:45 Line Dancing	8:30 Pom Poms 10:00 Scuttlebutt (Cancelled) 11:00 Billiards 11:00 Strength Balance (Cancelled) 12:30 Mahjong	9:00 B.E.S.T. Cancelled 9:00 Bridge (2nd Floor) Closes at 12:00
12	13	14	15	16
9:00 B.E.S.T. 10:30 Bingo 11:15 Chair Yoga 12:15 Lunch 1:00 Cribbage 2:30 Zumba Gold	9:30 Art 9:30 Van Trip 10:00 Walking Club 10:30 Body & Brain 1:00 POKENO 2:30 Senior Fit (Cancelled)	9:00 Bereavement 10:00 DEI Director 10:00 Sketch Book 11:00 Drawing (Virtual) 11:45 Yoga 1:00 Rummikub 1:00 Parkinson's Group 1:45 Line Dancing	8:30 Pom Poms 11:00 Billiards 11:00 Podiatry Appt 11:00 Strength Balance 12:30 Mahjong	9:00 B.E.S.T. 9:00 Bridge (2 nd Floor) Closes at 12:00
19	20	21	22	23
9:00 B.E.S.T. 10:30 Bingo 11:15 Chair Yoga 12:15 Lunch 1:00 Cribbage 2:30 Zumba Gold	9:30 ART 10:00 Walking Club 10:30 Body & Brain 1:00 POKENO 2:30 Senior Fit	10:00 Fiber Arts Presen. 10:30 Barry Pell "Galapagos" 11:00 Zentangle (Virtual) 11:45 Yoga 1:00 Rummikub 1:45 Line Dancing (Cancelled)	8:30 Pom Poms 11:00 RPL Presents Lidia 11:00 Billiards 11:00 Strength Balance 12:30 Mahjong 12:45 Movie and Pizza	9:00 B.E.S.T. 9:00 Bridge (2 nd Floor) Closes at 12:00
26	27	28	29	30
9:00 B.E.S.T. 10:30 Bingo 11:15 Chair Yoga 12:15 Lunch 1:00 Cribbage 2:30 Zumba Gold	9:30 Art 10:00 Walking Club 10:30 Body & Brain 1:00 POKENO 2:30 Senior Fit	10:00 Men's Huddle 11:00 Drawing (Virtual) 11:30 Lunch and Learn 11:45 Yoga 1:00 Rummikub 1:45 Line Dancing 3:00 Senior Center	8:30 Pom Poms 11:00 Billiards 11:00 Strength Balance 12:30 Mahjong	9:00 B.E.S.T. 9:00 Bridge (2 nd Floor) Closes at 12:00



WE DID IT!! After much work, a group of concerned older Reading residents have successfully formed a 501(c)3 non-profit organization called

“Friends of Reading Seniors 60 Plus, Inc.”

Our Mission is to **advocate and fundraise** for services and activities that enhance the dignity of seniors, support their [independence](#) and encourage social interaction.

We want Reading to keep pace with the needs of the changing demographics. The over 60 population has begun to explode. By 2030 we will represent 30% of Reading’s population. As taxpayers, we want our needs to be heard, recognized, and supported.

“The Friends” will have a positive influence on present & future aging in Reading.

Please join us in this venture and add your voice to this important effort

The future of aging in Reading is up to us!

To join The Friends, send a check of \$20.00 or more to our address below AND/OR volunteer to help with the advocacy & fundraising. Stay tuned for more announcements and events.

Contact Information: friendsofreadingseniors@gmail.com

Friends of Reading Seniors 60+, P.O. Box 275, Reading, MA 01867

The Pleasant Street Senior Center
Partnered with AARP of Massachusetts is seeking
Volunteer Tax Preparers for the upcoming 2025 tax season

**AARP Representative will be at the
Burbank Y hosting an informational booth on
Wednesday, August 7th and 21st from 10:00am to 12:00pm**

No prior work related tax experience needed.
AARP of Massachusetts will provide training and support.

Please visit the website below in you are interested in volunteering
<https://www.aarp.org/forms/volunteer-tax-aide/>

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.

BLOOD PRESSURE SCREENING

Blood Pressure Screening at the Pleasant Street Center
Wednesday, August 7th
11:00am - 12:00pm
For more information call 781-942-6693

BARRY PELL GALAPAGOS

Barry Pell Presents
"Galápagos - Enchanted Islands of the Pacific"
Wednesday, August 21st
10:30 - 11:30
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 11:00am to share experiences, talk about issues, solutions and to generally support one another through what can be a difficult journey.

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

Call to register 781-942-6794

BUS TRIPS

Royal Tours presents
"Pickity Place" Featuring
*A Five Course Gourmet Luncheon
*Parker's Maple Gift Barn
Monday, August 19, 2024
\$55.00 per person (partially funded by ARPA)
Registration starts July 22nd

Royal Tours presents
a Day Trip to
Sunapee, New Hampshire
with a stop at a Farm Stand
and a Luncheon Cruise on Lake Sunapee
Registration starts July 29th
Tuesday, September 10, 2024
\$75.00 per person (Partially funded by ARPA)

JASON LEWIS ICE CREAM SOCIAL

Ice Cream Social with Jason Lewis
Tuesday, September 3rd
1:30 - 2:30
Registration begins on August 14th
Call 781-942-6794

LABOR DAY LUNCHEON

Vincent Pisacreta
Trivia and Tunes
Wednesday, September 4th
11:30 - 12:30
Catered by DiCara's
Registration starts August 20th
Call 781-942-6794 to Register

<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 https://www.readingma.gov/205/Elder-Human-Services</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 August 2024 Schedule

08/06: Meet at Horn Pond, Woburn Lake Ave Parking

08/13: Meet at Wood End School Franklin St
Neighborhood

08/20: Meet at Joshua Eaton School Neighborhood

08/27: Meet at Market Street Lynnfield Walk Trail

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.



How long have you been volunteering at the Pleasant Street Center?
I began volunteering about 6 years ago

What inspired you to start volunteering at the Pleasant Street Center?
I live in Reading and raised my family here, so I thought there was no better way to give back to the community than by helping out at the Senior Center.

What is your favorite aspect of volunteering at the Pleasant Street Center?
I enjoy meeting and working with the local people, and I get great satisfaction from folks who sincerely express their gratitude for help with their Medicare matters.

What advice would you give to someone considering volunteering at the Pleasant Street Center?
Simple - just do it - I believe no matter who we are, we all have something to contribute - start by taking the first step by asking around and see where you can help.