

# 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](http://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.



Wednesday, June 12th - Classes after 11:00am are cancelled for Hillview Event  
 Wednesday, June 19th - Pleasant Street Center Closed for Juneteenth

**HILLVIEW DANCE INTO SUMMER**



Hillview "Dance into Summer" Lunch Event  
 Wednesday, June 12<sup>th</sup>  
 12:00 to 4:00

Reading Residents Registration starts: Wednesday, May 1<sup>st</sup>  
 Non-Reading Residents Sign ups starts: May 29<sup>th</sup>

Call to register: 781-942-6794

**FATHER'S DAY LUNCHEON**

Join  
 Bear Mountain  
 for  
 Father's Day Trivia  
 Thursday, June 13<sup>th</sup>  
 1:00 - 2:00  
 Registration Required  
 Call: 781-942-6794  
 (Catered by DiCara's Deli)

**LUNCH AND LEARN**

Dr Staci Gruber  
 Presents:  
 Demystifying Medical Marijuana  
 Thursday, June 27<sup>th</sup>  
 1:00 - 2:00  
 Registration required  
 Call: 781-942-6794  
 (Catered by Fat Larry's)

**FIBER ARTS PRESENTS**

Join  
 Laurie Thies from  
 Mary Rose Quits demonstrates  
 "Fun with Flying Geese"  
 Wednesday, June 26<sup>th</sup>  
 10:00 - 11:30  
 Registration required  
 Call 781-942-6794  
 Seats are limited 12 MAX  
 ARPA funded  
 (Reading Residents)

**HEARING SCREENINGS**

Hearing Screenings By:  
 Dr. Taylor Chabot  
 (Appointments Only)  
 Tuesday, June 18<sup>th</sup>  
 9:00am to 10:20am  
 Call to make an  
 appointment

**INTERGENERATIONAL**

Join us for Gelato with the  
 Frisky Cow Gelato Cart  
 Wednesday, June 26<sup>th</sup>  
 4:00 - 5:00  
 Registration required  
 Call: 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 **\*6/24 Cancelled**

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) **\*6/4 Cancelled**

Location: 2nd Floor

**Senior Fit /Zumba with Kelli:**

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

Location: Great Room

### Wednesdays

**Yoga \*6/12 Class Cancelled**

11:45am - 12:30pm (\$10.00 per class)

Location: 2nd Floor

**Line Dancing with Val: \*6/12 Class Cancelled**

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

Location: Great Room

### Thursdays

**Chair Volleyball: Starting May 23rd (12 Max)**

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

## VETERANS SCUTTLEBUTT

**Thursday, June 6<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](mailto: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 (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) **\*6/12 Cancelled**

**Fiber Art:** 10:00 - 11:30 (2<sup>nd</sup> Floor) **\*6/12 Cancelled**

### 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**

## COMPLETE FOOT CARE

Monthly Foot care Services

Marie Anderson NP

Certified Foot Care Specialist

Scheduled appointments only

**Thursday, June 20<sup>th</sup>**

**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, June 12<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 SUPPORT GROUP



**Parkinson's Disease Support Group  
Cancelled for the Month of June**

## BEREAVEMENT GROUP \*DAY CHANGE\*

**Wednesday, June 12<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.

Please call 781-942-6794 to reserve a spot

## HAIRDRESSER

### Last Day until September

Linda Sullivan -Licensed Hair Dresser

**Tuesday, June 11<sup>th</sup>**

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, June 5<sup>th</sup> and June 19<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, June 12<sup>th</sup> and June 26<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, June 20<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

### "Mother of the Bride"

**A doting mom jets off to a tropical island resort for her daughter's wedding only to discover the groom's father is the ex she hasn't seen in decades. Starring: Brooke Shields, Miranda & Benjamin Bratt**



**Thursday, June 6<sup>th</sup> at 12:45**  
Call to register 781-942-6794



## CHAIR VOLLEYBALL

Come Join in the fun  
Thursdays from 8:30 to 9:30  
Please call to sign up  
Space is limited to 12 participants  
No Walk-Ins

## HELPFUL RESOURCES

### Council on Aging Meeting:

Next Council on Aging Meeting: June 10<sup>th</sup> 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, Chair

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: July 1<sup>st</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, June 4th 10:00 a.m. - 12:00 p.m.

### Redstone Shopping Center

Tuesday, June 11th 10:00 a.m. - 12:00 p.m.

### Walmart

Tuesday, June 18th 10:00 a.m. - 12:00 p.m.

### Woburn Village, Target or Kohl's

Tuesday, June 25th 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
- 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 & perfumes when riding on the van. It has been known to cause an allergic reaction for some passengers.

Thank you for your cooperation!

## 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>hello, JUNE <i>it's been a while since i've seen you last</i></p>				
3	4	5	6	7
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 10:00 Caregiver Supp. 1:00 POKENO 2:30 Senior Fit	10:00 Blood Pressure 10:00 Alzheimer's Pres. 10:00 Fiber Arts 11:00 Zantangle (Virtual) 11:45 Yoga 1:00 Rummikub 1:45 Line Dancing	8:30 Chair Volleyball 9:30 Computer appt 10:00 Scuttlebutt 11:00 Billiards 11:00 Strength Balance 12:30 Mahjong 12:45 Movie and Pizza	9:00 B.E.S.T. 9:00 Bridge (2nd Floor)  Closes at 12:00
10	11	12	13	14
9:00 B.E.S.T. 10:30 Bingo 11:15 Chair Yoga 12:15 Lunch 1:00 Cribbage 2:30 Zumba Gold	9:00 Hairdresser 9:30 Art 10:00 Walking Club 10:30 Body & Brain 1:00 POKENO 2:30 Senior Fit	9:00 Bereavement  <b>Hillview Luncheon (Sign up Required)</b>  No Afternoon Programming at the Pleasant Street Center	8:30 Chair Volleyball 9:30 Kiosk Present. 11:00 Billiards 11:00 Podiatry 11:00 Strength Balance 12:30 Mahjong 1:00 Father's Day Lunch	9:00 B.E.S.T. 9:00 Bridge (2 <sup>nd</sup> Floor)  Closes at 12:00
17	18	19	20	21
9:00 B.E.S.T. 10:30 Bingo 11:15 Chair Yoga 12:15 Lunch 1:00 Cribbage 2:30 Zumba Gold	9:00 Dr. Chabot Screen 9:30 TIN BUCKET 10:00 Walking Club 10:30 Body & Brain 1:00 POKENO 2:30 Senior Fit	<b>Juneteenth PSC Closed</b>	8:30 Chair Volleyball 9:30 Let Get Digital: Kiosk 9:30 Computer appt. 11:00 Billiards 11:00 Strength Balance 11:00 Podiatry appt. 12:30 Mahjong	9:00 B.E.S.T. 9:00 Bridge (2 <sup>nd</sup> Floor)  Closes at 12:00
24	25	26	27	28
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 10:00 Memory Cafe 10:30 Body & Brain 1:00 POKENO 1:00 Cribbage 2:30 Senior Fit	10:00 Fiber Arts Pres. 10:00 History of Women In Music 10:00 Men's Huddle 11:00 Drawing(Virtual) 1:00 Rummikub 1:45 Line Dancing 3:00 Senior Center 4:00 Intergenerational	8:30 Chair Volleyball 9:30 Computer appt 11:00 Billiards 11:00 Strength Balance 12:30 Mahjong 1:00 Lunch and Learn: Marijuana	9:00 B.E.S.T. 9:00 Bridge (2nd Floor)  Closes at 12:00

**History of Feminism in Music**

with

**John Clark**

Wednesday, June 26th

10:00am to 11:00am

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The Pleasant Street Senior Center is partnering with AARP of Massachusetts in seeking Volunteer Tax Preparers for the upcoming 2025 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/volunteertax-aide/>

## READING PUBLIC LIBRARY PRESENTS

CONCERT: Les Sampou & the Dirty Martinis Monday, June 24th at 7:00pm | Library Lawn Kick off summer with classics from the American Songbook—the music of Billie Holiday, , Peggy Lee, George Gershwin and more. The Dirty Martinis also present Top 40 deep cuts. Bring a blanket, chairs, and your dancing shoes! <https://libcal.readingpl.org/event/10934818>

## LAMP REPAIR RETURNS

**Wednesday, June 5<sup>st</sup> (off on 19<sup>th</sup>)**  
**(1<sup>st</sup> and 3<sup>rd</sup> Wednesday of each month)**

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 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  
John Tedesco

**Thursday, June 20<sup>th</sup> 9:30 - 11:00**

**Topic: Downtown Parking Kiosks**

Please bring your own Devices  
Call to Register 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, June 26<sup>th</sup> 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.

781-942-6794

## PSC BOOK CLUB

Studio 64 Book Club will be meeting at the Reading Public Library

Friday, June 21st at 10:30

**Book: Hang the Moon by Jeannette Walls**

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! Feel free to bring your own yarn, knitting needles, crochet hooks or other fiber projects and enjoy each others company.

All are welcome!

Wednesdays 10:00 to 11:30 Please call 781-942-6794 for more information

## DOWNTOWN PARKING

Join Nancy Ziemplack  
Presents:



Downtown Parking Changes  
Upper Haven (CVS) and Brande  
Court Lots

Wednesday June 13<sup>th</sup>  
9:30-10:30



## PSC MEN'S HUDDLE

**Wednesday, June 26<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.

## BLOOD PRESSURE SCREENING

Blood Pressure Screening at the Pleasant Street Center  
Wednesday, June 5<sup>th</sup>  
10:00am - 11:00am

For more information call 781-942-6693

## ALZHEIMER'S PRESENTATION

Alzheimer's Association Presentation  
10 Warning Signs

Wednesday, June 5<sup>th</sup> 10:00 - 11:00

Call to Register 781-942-6794

Minimum of 15 Participants are required

## 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, June 4<sup>th</sup>**

**10:00 - 11:00**

Call to register 781-942-6794

## BUS TRIPS

**Charles River Cruise and  
The Cheesecake Factory**

Monday, June 17<sup>th</sup>

9:45 - 4:00 (Approximate return)

Reading Residents sign-ups start on May 13<sup>th</sup>

Non-Reading residents will be on a waitlist

Royal Tours presents

**"Life's A Beach"**

with the

**Malibu Brothers**

at Castleton, Windham, NH

Wednesday, July 17<sup>th</sup>

\$55.00 per person

Registration starts Mon June 10<sup>th</sup>

(Partially funded by ARPA)

## TIN BUCKET

tin bucket

BE CREATIVE.  
BUY CREATIVE.

Tuesday June 18<sup>th</sup> 9:30-  
11:30

Call to reserve  
781-942-6794

Non Reading Residents Registration 6/3

ARPA Funded

## JULY EVENT

Independence Day BBQ  
Catered by Christopher's

Thursday July 10<sup>th</sup>

11:30-12:30

Call to register 781-942-6794

Registration starts Wednesday, June 26<sup>th</sup>



<p><b>Reading Elder Services</b>  16 Lowell Street  Reading, MA 01867</p>	<p style="text-align: center;"><b>PLEASANTRIES</b>  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](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 June 2024 Schedule**

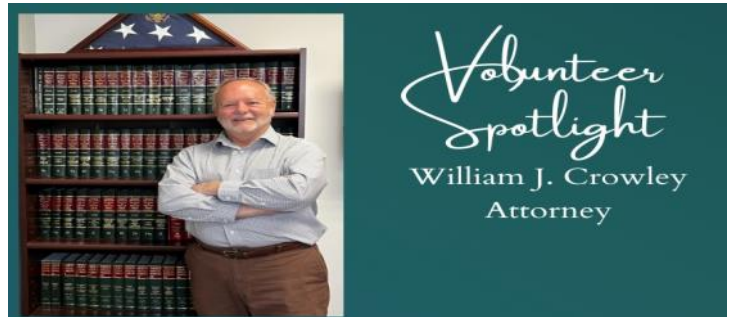
- 06/04: Meet at Ipswich River Park, North Reading
- 06/11: Meet at Horn Pond, Woburn in the Lake Ave. parking lot.
- 06/18: Meet at the Pleasant street Center
- 06/25: Meet at Wood End School parking lot.  
Weather will determine if we enter the Town Forest or walk in the neighborhood.

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.



**How long have you been volunteering at the Pleasant Street Center?** Since April of 2023.

**What inspired you to start volunteering at the Pleasant Street Center?** I was asked by Anna Assini if I would consider spending some time with your patrons to discuss Wills and Trusts and other estate planning issues, as there seemed to be a thirst for information on that important issue. I gladly accepted, and have really enjoyed working with Anna and the staff, as well as meeting the many guests who have attended.

**What is your favorite aspect of volunteering at the Pleasant Street Center?** My involvement with senior citizens goes back to my youth when I volunteered and then became employed at the Lowell Council on Aging. When I began practicing law I found that I really enjoyed working with seniors on their legal matters. I welcomed the opportunity to participate when Anna invited me.

**What advice would you give to someone considering volunteering at the Pleasant Street Center?** Volunteering to share one's skills and experience is something that I urge everyone to do. The reward of thanks and appreciation that one receives is what is really "invaluable".