

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.



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!

MEMORY CAFE

Starting in May, the Memory Café will be held at the Pleasant Street Center (49 Pleasant Street)

Call 781-942-6794 to Reserve a Spot!

A memory café is a safe and comfortable space where caregivers and their loved ones can socialize and enjoy appropriate activities with others with similar circumstances. Join us for free entertainment, fun conversation and light refreshments the last Tuesday of each month!

Next Meeting is on May 28th 10:00 - 12:00.

Please RVSP at: kvalle@ci.reading.ma.us or call 781-942-6659.

BOSTON BRUINS ANTHEM SINGER

Join Boston Bruins Anthem Singer

Todd Angilly

Thursday, May 23rd

1:30 - 2:30

Call to register

Non Reading Residents sign-up start May 16th.



HEALTH FAIR

PSC Annual Health Fair

Wednesday, May 15th

10:00 to 12:00

Join over 20 area vendor for information and to ask questions too.

Please call the Pleasant Street Center for more information and to sign up

LUNCH AND LEARN

Joe Malone
Musical History "The Beatles"

Thursday, May 30th
1:00-2:00



Call to register
781-942-6794

STORYTELLER



Cindy Rivka Marshall
Storyteller

Thursday, May 9th 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 25th
Non Reading Residents May 2nd
Call to reserve 781-942-6794
ARPA Funded

MOTHER'S DAY TEA

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

Harpist Emily Halpern Lewis

Wednesday, May 8th from 10:00 - 11:00

Sign-ups start Wednesday, April 24th
Non-Reading Residents sign-ups start Wednesday, May 1st

Call 781-942-6794 to sign up
(Thank you to Calareso's Farm Stand for Providing flowers for this event!)

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:

2:30pm - 3:15pm (\$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: No Walk-ins

Last Class 5/16

8:30-9:30 (FREE)

Location: Great Room

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

(Free) Location: Great Room

Chair Volleyball: May 23rd from 8:30-9:30 (12 max)

Fridays

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

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

VETERANS SCUTTLEBUTT

Thursday, May 2nd 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.

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

COMPLETE FOOT CARE

Monthly Foot care Services

Marie Anderson NP

Certified Foot Care Specialist

Scheduled appointments only

Thursday, May 2nd 12:00 - 3:00

Thursday, May 16th 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 **2nd Wednesday** of every month.

Meets via conference call on Wednesday, May 8th 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

Meets the **2nd Wednesday** of every month.

Wednesday, May 8th 1:00 - 2:00



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

Please call 781-942-6794 to reserve a spot.

BEREAVEMENT GROUP *DAY CHANGE*

**Wednesday, May 8th
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



Downsizing and Decluttering

Thursday, May 22nd

10:30 – 11:30

Call to Register 781-942-6794

VIRTUAL ART

Virtual Zentangle and Drawing

Susan is a Certified Zentangle Instructor

**Wednesday, May 1st and May 15th
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, May 8th and May 22th
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, May 16th 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

“The Boys in the Boat”

During the height of the Great Depression, members of the rowing team at the University of Washington get thrust into the spotlight as they compete for gold at the 1936 Olympics in Berlin.



Thursday, May 2nd starting at 12:45

Call to register 781-942-6794



CHAIR VOLLEYBALL

**Thursday, May 23rd to Thursday, August 8th
8:30 - 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: May 13th 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: Monday, May 6th
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, May 7th 10:00 a.m. - 12:00 p.m.

Redstone Shopping Center

Tuesday, May 14th 10:00 a.m. - 12:00 p.m.

Walmart

Tuesday, May 21st 10:00 a.m. - 12:00 p.m.

Woburn Village, Target or Kohl's

Tuesday, May 28th 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.

All riders must meet the Standards of Independence for participation at the PSC

- Seatbelts are required until the van comes to a complete stop.
- 4 bags per rider.

Please refrain from the use of colognes and perfumes when riding on the van.

- Please be on time for all pickups!

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:

friendsofreaddingseniors@gmail.com

Mon	Tue	Wed	Thu	Fri
		<p>1</p> <p>9:30 Power of Flowers 10:00 Fiber Arts 10:00 BP Clinic 11:00 Zentangle (Virtual) 11:45 Yoga 1:00 Rummikub 1:45 Line Dancing</p>	<p>2</p> <p>8:30 Pom Poms 9:30 Computer appt 10:00 Scuttlebutt 11:00 Billiards 11:00 Strength Balance 12:00 Podiatry appts 12:30 Mahjong 12:45 Movie and Pizza</p>	<p>3</p> <p>9:00 B.E.S.T. 9:00 Bridge (2nd Floor) Closes at 12:00</p>
	<p>6</p> <p>9:00 B.E.S.T. 10:30 Bingo 11:15 Chair Yoga 12:15 Lunch 1:00 Cribbage 1:30 Rep. Lewis 2:30 Zumba Gold</p>	<p>7</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>8</p> <p>9:00 Bereavement 10:00 Fiber Arts 10:00 Mother's Day Tea. 11:00 Drawing (Virtual) 11:45 Yoga 1:00 Parkinson's Support</p>	<p>9</p> <p>8:30 POM POMS 9:30 Computer appt 11:00 Billiards 11:00 Strength Balance 12:30 Mahjong 1:30 Storyteller with Cindy Rivka Marshall</p>
<p>13</p> <p>9:00 B.E.S.T. 10:30 Bingo 11:15 Chair Yoga 12:15 Lunch 1:00 Cribbage 2:30 Zumba Gold</p>	<p>14</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>15</p> <p>Health Fair 10:00 to 12:00 (No YOGA and Fiber Arts)</p> <p>1:00 Rummikub 1:45 Line Dancing</p>	<p>16</p> <p>8:30 Pom Poms (last day) 9:30 Let's Get Digital 11:00 Billiards 11:00 Podiatry 11:00 Strength Balance 12:30 Mahjong 1:00 Birthday Lunch</p>	<p>17</p> <p>9:00 B.E.S.T. 9:00 Bridge (2nd Floor) Closes at 12:00</p>
<p>20</p> <p>9:00 B.E.S.T. 10:30 Bingo 11:15 Chair Yoga 12:15 Lunch 1:00 Cribbage 2:30 Zumba Gold</p>	<p>21</p> <p>9:30 Art 10:00 Walking Club 10:30 Body & Brain 1:00 POKENO 2:30 Senior Fit</p>	<p>22</p> <p>10:00 Men's Huddle 10:00 Fiber Arts 10:30 Downsizing Prese 11:00 Drawing (Virtual) 11:45 Yoga 1:00 Rummikub 1:45 Line Dancing 3:00 Senior Ctr Updates</p>	<p>23</p> <p>8:30 Chair Volleyball 9:30 Computer appt. 11:00 Billiards 11:00 Strength Balance 12:30 Mahjong 1:30 Boston Bruin National Anthem Singer Todd Angilly</p>	<p>24</p> <p>9:00 B.E.S.T. 9:00 Bridge (2nd Floor) Closes at 12:00</p>
<p>27</p> <p>MEMORIAL DAY PSC Closed</p> 	<p>28</p> <p>9:30 Art 10:00 Walking Club 10:00 Memory Cafe 10:30 Body & Brain 1:00 POKENO 1:00 Cribbage</p>	<p>29</p> <p>10:00 Fiber Arts 10:00 Mental Health Presentation 11:00 Zentangle (Virtual) 1:00 Rummikub 1:45 Line Dancing</p>	<p>30</p> <p>8:30 Chair Volleyball 9:30 Computer appt 11:00 Billiards 11:00 Strength Balance 12:30 Mahjong 1:00 Lunch and Learn "The Beatles"</p>	<p>31</p> <p>9:00 B.E.S.T. 9:00 Bridge (2nd Floor) Closes at 12:00</p>

MENTAL HEALTH PRESENTATION

Join Taunya Jarzyniecki
Wednesday, May 29th from 10:00 to 11:00
Please call to sign up

LAMP REPAIR RETURNS

Wednesday, May 1st & 22nd
(1st and 3rd 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 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, May 16th
Topic: Basic Android Class 9:30-10:30
And iPhone Class 10:30-11:30
Please bring your own Devices
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, May 22nd 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, May 24th at 10:30
Book: FUZZ by Mary Roach
For additional information, please call 781-942-0840

FIBER ARTS

Fiber Arts Group! Sit and chat while working on your
own project and share your creativity!
Feel free to bring your own yarn, knitting needles and
crochet hooks.
Beginners are welcome!
Every Wednesday 10:00 to 11:30
Please call 781-942-6794 for more information

POWER OF FLOWERS

 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 10th
Non Reading Residents Wednesday, April 24th
781-942-6794 (ARPA Funded)

PSC MEN'S HUDDLE

Wednesday, May 22nd 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 PSC

Wednesday, May 1st

10:00am - 11:00am

For more information call 781-942-6693

ALZHEIMER'S PRESENTATION

Alzheimer's Association Presentation

10 Warning Signs

Wednesday, June 5th 10:00 - 11:00

Please call to sign up!

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, May 7th

10:00 - 11:00

Call to reserve 781-942-6794

BUS TRIPS

Ogunquit Playhouse

"The Waitress"

Wednesday, May 29th

10:30am - 6:00 pm (Approximate return)

Lunch at Clay Hill Farm

Reading Residents sign-ups started April 22nd

Non Reading residents will be on a waitlist

\$70.00 per person

Charles River Cruise and

The Cheesecake Factory

Monday, June 17th

9:45 - 4:00 (Approximate return)

Reading Residents sign-ups start on May 13th

Non Reading residents will be on a waitlist

\$65.00 per Person

JUNE EVENTS

Hillview Dance into Summer Lunch Event

Wednesday, June 12th from 12:00 to 4:00

Reading Residents Registration starts: Wednesday

May 1st

Non Reading Residents starts: May 29th

Call to register: 781-942-6794

ARPA Funded

CINDY RIVKA MARSHALL

Thursday, June 13th from 1:30 to 3:30

"Tell Your Story"

Everyone has a story to tell. Join this fun, participatory workshop on how to shape a story from your life

experiences. We will be telling anecdotes to each other (not writing).

Includes demonstrations, discussion, story prompts on universal themes, and laughter!

Registration starts May 23rd

Space Limited to 12 MAX

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. 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 May 2024 Schedule

05/07: Meet at Horn Pond Parking-Public Restrooms
05/14: Meet at Residence at Pearl Parking Lot
05/21: Meet at Sturges Park
05/28: Meet at Tri-Community Greenway Stoneham

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*
The AARP Foundation
Tax-Aide Volunteers

How many volunteers assist with AARP Foundation Tax-Aide program in Reading? Reading is staffed by 4 IRS-certified volunteers. This year we are lucky to have: Karen F, Karen B, Roberta and John assisting the seniors of Reading. We also have tax counselors: Ying, Mark and Peter, Jack, and Tom with District Assistance who helped to get us trained and up and running.

What type of training is needed to volunteer with the tax preparation program? New volunteers are initially trained in a 2-day introductory Tax preparation boot camp. This is followed by a 3-day intensive tax preparation class with all the returning volunteers. All volunteers must past three separate exams to be certified. Tax-Aide volunteers are trained and IRS-certified every year to make sure they know about and understand the latest changes and additions to the tax code.

What would you say to someone who is thinking of volunteering? Volunteering for the AARP Foundation Tax-Aide program is very satisfying. You get to provide a service for your fellow seniors in the community which is otherwise difficult and expensive to obtain. You also get to meet many new fellow citizens of your town some of whom become new friends.