

# 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.

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!

**SOUND OF HEALING**

Sound of Healing with Lisa Kowski  
 Thursday, September 12<sup>th</sup>  
 1:30 - 2:30  
 Call to Register 781-942-6794  
 (ARPA Funded— Limited Seating)

**GREAT ROOM CLOSED**

All classes and programs held in Great Room are Canceled during the week of September 16<sup>th</sup> due to the installation of our new Audio/Video installation.  
 Please call with any questions.

**ICE CREAM SOCIAL**

State Rep. Jason Lewis  
 Ice Cream Social  
 Tuesday, September 3<sup>rd</sup>  
 1:30 - 2:30  
 Call to sign up.



**A.J. JERRETT SKETCHBOOK**

A.J. Jerrett from Creative Arts Presents:  
**"Create a Sketch Journal"**  
 Series  
 Wednesday, Sept. 4<sup>th</sup> 10:00 - 11:00  
 Wednesday, Sept. 11<sup>th</sup> 10:00 - 11:30  
 Seats are Limited to 12 MAX  
 Registration Call 781-942-6794

**VAN TRIP**

**Stone Zoo**  
 (Rain or Shine)  
 Tuesday, September 17<sup>th</sup>  
 Departing PSC at 9:30  
 Arriving PSC at 2:30  
 Lunch at your discretion  
 Call to register  
 Limited Seating 14 MAX  
 Reading residents only



**LUNCH AND LEARN**

Pleasant Street Center Presents:  
 AARP Sam Docknevich  
 6 Pillars of Brain Health  
 Wednesday, September 11<sup>th</sup>  
 12:00-1:00  
 Call to Register 781-942-6794  
 Catered by Fat Larry's



**LABOR DAY LUNCHEON**

Labor Day Luncheon  
 With  
 Vincent Pisacreta  
 Trivia and Tunes  
 Wednesday, September 4<sup>th</sup>  
 11:30-12:30  
 Catered by DiCara's  
 Sausage Sub Rolls



## 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 Kellie: \* 9/3 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:

1:45pm - 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 (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, September 5<sup>th</sup>**

**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, September 5<sup>th</sup> 12:00 - 4:00**

**and Thursday, September 15<sup>th</sup> 11:00 - 4:00**

**Call 781-942-6794 to make an appointment**

ARPA Funded

Reading Residents only

## LOW VISION GROUP

### Low Vision Group

Support group for those experiencing varying degrees of vision loss.

**2<sup>nd</sup> Wednesday** of every month.  
**via conference call**

**Wednesday, September 11<sup>th</sup>**

Please call 781-942-6794 for 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, September 11<sup>th</sup>**

**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, September 11<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

## HAIRSTYLIST

### September Appointments

Linda Sullivan -Licensed Hairstylist

**Tuesday, September 10<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 with Susan

**Wednesday, September 4<sup>th</sup> and Sept 18<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.

### Virtual Zentangle with Susan

**Wednesday, September 11<sup>th</sup> and Sept 25<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).

Join us for a relaxing, meditative, comfortable art experience. Beginners are welcome.

**Link for both classes below:**

**Meeting ID: 832 0512 2933**

**Passcode: McArts**

**[https://us02web.zoom.us/j/83205122933?](https://us02web.zoom.us/j/83205122933?pwd=dnFWODBL0FZITnpxSWWh0N1U0UW1WQT09)**

**[pwd=dnFWODBL0FZITnpxSWWh0N1U0UW1WQT09](https://us02web.zoom.us/j/83205122933?pwd=dnFWODBL0FZITnpxSWWh0N1U0UW1WQT09)**

## BIRTHDAY LUNCH

**Thursday, September 5<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.

Please stay after the Birthday Lunch for a Meet and Greet with the Friends of Reading Seniors 60 Plus  
Learn about this new organization.

## PIZZA AND A MOVIE

Pizza and Movie Cancelled in September

## CALLING ON ARTISTS

**Calling all artists!**

**We are excited to showcase the incredible talent of our senior artists in the upcoming fall editions of Pleasantries. 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](mailto:JDubow@ci.reading.ma.us)**

## HELPFUL RESOURCES

### **Council on Aging Meeting:**

Next Council on Aging Meeting: September 9th

### **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 9<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, September 3rd 10:00 a.m. - 12:00 p.m.

### **Redstone Shopping Center**

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

### **Walmart**

Tuesday, September 17th 10:00 a.m. - 12:00 p.m.

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

Tuesday, September 24th 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 PSC Standards of Independence Policy
- 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.

**Thank you for your cooperation.**

## JANE O'NEIL ART HISTORIAN

Jane O'Neil

Master's in Art History from BU and a  
M.Ed. from Harvard University Graduate School of  
Education Presents:

"Fierce Females: Women in Art"

Thursday, September 26th 1:30-2:30

## 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

What You Need to Know...Before You Go:  
A Seminar on Downsizing/Rightsizing/Preparing-  
Your-Home-for-Sale

Tuesday, September 10 | 10:00am | Community Room  
Thinking of moving soon or sometime in the future? This seminar will provide tips and advice on starting the process and seeing it through to moving day. Learn from the experts, ask questions, and get answers. There will be a giftcard raffle and refreshments! More information and registration: <https://libcal.readingpl.org/event/12760958>

## LAMP REPAIR

**Wednesday, September 4<sup>th</sup> and September 18<sup>th</sup>**

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, September 19<sup>th</sup> 9:30 - 11:00  
Exploring Outdoor Photography on iPhone.  
Please bring your own Devices  
Call to Register 781-942-6794  
Seats are Limited to 15

## INTERGENERATIONAL PROGRAM

Christine Hanson  
Intergenerational Quilting 101  
Wednesday, September 25<sup>th</sup>  
4:00 - 5:30  
Call to register 781-942-6794  
Limited seating to 30

## NEW SENIOR CENTER UPDATES

Take a break and join the COA and EHS for afternoon refreshments. Next Meeting:  
Wednesday, October 23<sup>rd</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

## BOOK CLUB

Studio 64 Book Club next meeting  
at the Reading Public Library  
**Friday, September 27<sup>th</sup>**  
**10:30 - 12:00**

**Book: Little Monsters by Adrienne Brodeur**  
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!  
Wednesday, September 25<sup>th</sup>  
only 10:00 to 11:30  
Please call 781-942-6794 for more information

## FIBER ARTS PRESENTS JANICE BYE

Fiber Arts Presents: Janice Bye  
**I-Cord Demonstration class**  
Wednesday, September 18<sup>th</sup>  
9:30 - 11:00  
Limited Seating  
Call to register  
781-942-6794  
(Bring your own Knitting Needles)

## PSC MEN'S HUDDLE

**Wednesday, September 25<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

Mon	Tue	Wed	Thu	Fri
<p>2</p> <p><b>HAPPY LABOR DAY</b></p> <p><b>PSC Closed</b></p>	<p>3</p> <p>9:30 ART 10:00 Walking Club 10:30 Body &amp; Brain 1:00 POKENO 1:00 Cribbage 1:30 Ice Cream Social 2:30 Senior Fit Cancelled</p>	<p>4</p> <p>10:00 Sketch with AJ 11:00 Zantangle (Virtual) 11:00 Blood Pressure 11:30 Labor Day Lunch 11:45 Yoga 1:00 Rummikub 1:45 Line Dancing</p>	<p>5</p> <p>8:30 Pom Poms 10:00 Scuttlebutt 11:00 Billiards 11:00 Strength Balance 11:00 Podiatry 12:30 Mahjong 1:00 Birthday Lunch</p>	<p>6</p> <p>9:00 B.E.S.T. 9:00 Bridge (2<sup>nd</sup> Floor)  Closes at 12:00</p>
<p>9</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>10</p> <p>9:30 ART 9:00 Hairstylist 10:00 Walking Club 10:30 Body &amp; Brain 1:00 POKENO 2:30 Senior Fit</p>	<p>11</p> <p>10:00 Fiber Arts cancelled 9:00 Bereavement 10:00 Sketch Book 11:00 Drawing (Virtual) 11:45 Yoga 1:00 Lunch and Learn 1:00 Parkinson's 1:00 Rummikub 1:45 Line Dancing</p>	<p>12</p> <p>8:30 Pom Poms 11:00 Billiards 11:00 Strength Balance 12:30 Mahjong 1:30 Sounds of Healing</p>	<p>13</p> <p>9:00 B.E.S.T. 9:00 Bridge (2<sup>nd</sup> Floor)  Closes at 12:00</p>
<p>16</p> <p>11:15 Chair Yoga 1:00 Cribbage</p>	<p>17</p> <p>9:00 Hearing Screen 9:30 Van Trip Stone Zoo 10:00 Walking Club 10:30 Body &amp; Brain 1:00 POKENO</p>	<p>18</p> <p>10:00 Fiber Arts Pres. 11:00 Zantange Virtual) 11:45 Yoga 1:00 Rummikub</p>	<p>19</p> <p>10:00 Let's Get Digital 11:00 Billiards 11:00 Podiatry Appt 12:30 Mahjong</p>	<p>20</p> <p>9:00 Bridge (2<sup>nd</sup> Floor)  Closes at 12:00</p>
<p>23</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>24</p> <p>9:30 ART 10:00 Walking Club 10:30 Body &amp; Brain 1:00 POKENO 2:30 Senior Fit</p>	<p>25</p> <p>10:00 Men's Huddle 10:00 Fiber Arts 10:30 Learn ukulele 11:00 Drawing ( Virtual) 11:45 Yoga 1:00 Rummikub 1:45 Line Dancing 4:00 Intergenerational: Quilting</p>	<p>26</p> <p>8:30 Pom Poms 10:00 RPL Presents Rick Steves (Zoom) 11:00 Billiards 11:00 Strength Balance 12:30 Mahjong 1:30 Culturally Curious "Art Historian Fierce Women"</p>	<p>27</p> <p>9:00 B.E.S.T. 9:00 Bridge (2<sup>nd</sup> Floor)  Closes at 12:00</p>
<p>30</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><i>September</i></p> 			

As part of registering for the center programs you will be asked to sign the Standards of Independence. The programs at the Pleasant Street Center are primarily designed for and targeted to people aged sixty and older. Others may participate when the staff has been consulted and space allows. In order to ensure a welcoming environment, all participants at the Center must be able to adhere to the standards of independence. Please see staff to retrieve a copy of the standards at the welcome desk.

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**Senator Haggerty Meet and Greet**

**Tuesday, October 2<sup>nd</sup>**

**10:00 - 11:00**

**by appointment only**

Please call 781-942-6794

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

**AARP Representative will be at Burbank**

**YMCA Informational Booth scheduled**

**Wednesday August 7th and August 21st 10:00-12:00**


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/volunteer-tax-aide/>

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**READING POLICE DEPARTMENT**  
**Citizen Police Academy**  
**\*This is an 18+ course (16+ with parental consent)\***

Every Wednesday starting Wednesday, September 18th through Wednesday, November 13th 6:30pm-8:30pm

**TOPICS INCLUDE:**

- Investigations
- Patrol Procedures
- Police in Schools
- Domestic Violence
- Dispatch Procedures
- Firearms/Less Lethal
- Comfort Dogs
- Patrol K9

**\*\*Ride Along opportunity upon successful completion\*\***

REGISTRATION REQUIRED  
CONTACT OFFICER KRISTEN O'SHAUGHNESSY AT:  
koshaughnessy@readingma.gov  
781-942-6761

## 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, September 4<sup>th</sup>

11:00am - 12:00pm

For more information call 781-942-6693

## OPEN ENROLLMENT WITH MIKE

Medicare 2025 Open Enrollment:

What you need to know

Thursday, October 10<sup>th</sup> from 2:00 - 3:00  
(after Birthday Lunch)

Registration starts September 24<sup>th</sup>

## 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, September 3<sup>rd</sup>**

**10:00 - 11:00**

Call to register 781-942-6794

## BUS TRIPS ROYAL TOURS

Royal Tours presents:

**Luncheon Cruise on Lake Sunapee, NH**

**Tuesday, September 10, 2024**

**Registration started July 29th**

**\$75.00 per person (Partially funded by ARPA)**

Royal Tours presents

\* **Lunch at Clay Hill Farm**

\* **The Ogunquit Playhouse**

**"My Best Friend's Wedding the Musical"**

**Wednesday, October 16, 2024**

**\$75.00/person. Registration started August 19th**

## JASON LEWIS ICE CREAM SOCIAL

Ice Cream Social with Jason Lewis

Tuesday, September 3<sup>rd</sup>

1:30 - 2:30

Call to sign up

## LEARNING HOW TO PLAY UKULELE

Want to try an instrument that is fun and easy to play? Join Julie Stepanek as she shows the fundamentals of ukulele playing.

No experience necessary.

Ukuleles provided or bring your own.

Wednesday, September 25<sup>th</sup>

10:30 - 11:30

Call to Reserve 781-942-6794

Limited seating to 25



<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  <a href="https://www.readingma.gov/205/Elder-Human-Services">https://www.readingma.gov/205/Elder-Human-Services</a></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 September 2024 Schedule**

09/03: Meet at Horn Pond parking lot by restrooms  
09/10: Meet at Surges Park at Pine Ridge Road  
09/17: Meet at Birch Meadow Rd across from Oakland Rd.  
09/24: Meet at Reading Public Library

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  
Ace and Alan Foulds

**How long have you been volunteering at the Pleasant Street Center?**

Ace has been volunteering as a Reading Ramblers Leader for 8 years when the Center asked Walkable Reading Committee for

help establishing a walking club for seniors. The committee jumped at the chance to promote walking by offering maps and suggested routes, Ace also volunteered to be the designated leader. Our first official walk was on November 1, 2016.

**What inspired you to start volunteering at the Pleasant Street Center?**

Once he retired, Alan became the alternate leader and is regularly pressed into service when Ace works at the election polls. He can be counted on to provide historical commentary while walking around the different neighborhoods.

**What is your favorite aspect of volunteering at the Pleasant Street Center?**

The best part of this volunteer assignment is contributing to the well-being of fellow seniors and enjoying the camaraderie of Reading neighbors we might not otherwise meet, all while keeping fit.

**What advice would you give to someone considering volunteering at the Pleasant Street Center?**

The PSC is such a vital asset to Reading and is staffed and frequented by some of the nicest people in town. My advice is to find out if the Center has a need that aligns with your interests and go for it.