

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@readingma.gov
 (781) 942-6794

Administrator

Chris Kowaleski (781) 942-6796
 ckowaleski@readingma.gov

Senior Center Coordinator

Anna Assini (781) 942-6658
 aassini@readingma.gov

Sr. Case Manager

Kerry Valle (781) 942-6659
 kvalle@readingma.gov

Public Health Nurse

Olivia Bartolomei 781-942-6656
 obartolomei@readingma.gov

Transportation Coordinator

Joe Beninati (781) 942-6754
 jbeninati@readingma.gov

Volunteer Coordinator

Janet Dubow 781-942-6608
 jdubow@readingma.gov

Transportation is provided for some programming. Please call for availability.

Explore the secrets, compassion, rivalry, jealousy, and empathy that defined two of the Alcott sisters, Louisa and May. These remarkable women inspired the beloved characters of Little Women..

Join Concord playwrights Amy Cole and Stefanie Cloutier, staff members of the Concord Visitor Center and licensed tour guides, for an intimate living history performance that breathes life into the relationship of these two



extraordinary siblings. Don't miss this unique opportunity to delve into the heart of the Alcott sisters' story.

Date: Wednesday, November 20th

Time: 10:30am - 11:30am

MINDFUL CRAFTERS

Marianne Snow Presents
 Mindful Crafters
 Decoupage Pumpkins
 Wednesday, November 6th
 9:30 - 11:30
 Call to register
 781-942-6794

FIBER ARTS PRESENTS

Join Janice Bye: Mitred knitting
 Learn how to create a block that starts with enough stitches for 2 sides. Learn some different ways to decrease to finish the block, then how to pick up stitches. You can create an afghan that will be complete and there is no sewing together since the blocks will be already attached.

Bring needles size US 6 (4.0 mm) or 7 (4,5 mm). Yarn will be provided.

Wednesday November 13th

10:00 - 11:30

Call to register 781-942-6794

ARPA funded

Limited Seating



VAN TRIP

Festival of Trees
 Monday, November 25th
 Departing PSC at 9:30
 Arriving PCS at 2:30
 Max 14
 Reading Residents Only
 Call to register at 781-942-6794



LUNCH AND LEARN

Presents:
Reading Arts and Culture Plan
 Please join
 Community Development
 Director Andrew MacNichol and
 Senior Planner Olivia Knightly along-
 with Consultant
 Abby Judd
 Thursday, November 14th
 1:00 - 2:00
 Call to sign up
 (Catered by DiCara's Deli)

FITNESS

Mondays

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

9:00am - 10:00am

Location: Great Room

Chair Yoga:

11:15am - 12:15pm (Free)

Location: 2nd Floor

Zumba Gold with Kelli:

2:30pm - 3:15pm

Location: Great Room

Tuesdays

Body and Brain Flexibility with Yasmin:

10:30am - 11:30am

Location: 2nd Floor

Senior Fit /Zumba with Kelli:

2:30pm - 3:15pm

Location: Great Room

Wednesdays

Yoga

11:45am - 12:30pm (FREE)

Location: 2nd Floor

Line Dancing with Val: (Class Cancelled on 11/27)

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

Location: Great Room

Thursdays

Pom Poms with Joie Edson: (20 Max) No walk-Ins

8:30-9:30 (FREE) (No Class on 11/28)

Location: Great Room

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

(Free) Location: Great Room (No class on 11/28)

Fridays

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

9:00am - 10:00am

VETERANS SCUTTLEBUTT AT RMHS

Tribute to Reading Veterans

Thursday, November 7th at 9:00am

Location: Reading Memorial High School

To any Veteran who would like their name read off at the RMHS gathering please email your name, branch of service and dates of service.

To: William Valliere our Veterans Service Officer at 781-942-6652 or **email:** wvalliere@readingma.gov (VSO Valliere can assist on navigating filing disability claims and State benefits.

Please contact Will Valliere for more information.)

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

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) **No Rides on 11/29**



= Ride Available

COMPLETE FOOT CARE

Monthly Foot care Services

Thursday, November 21st

Marie Anderson NP

Certified Foot Care Specialist

Scheduled appointments only

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.

2nd Wednesday of every month.

Please call 781-942-6794 for more information

Sponsored by:

MA Association for Blind and Visually Impaired

Next Meeting: November 13th

PARKINSON SUPPORT GROUP

Parkinson's Disease Support Group

Meets the 2nd Wednesday of every month.

Wednesday, November 13th

1:00 - 2:00

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

Call to register 781-942-6794

BEREAVEMENT GROUP

Wednesday, November 13th

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

Monday, November 18th

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

Drawing with Susan

Wednesday, November 6th and November 20th

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, November 13th and Nov 27th

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=dnFWODBLOFZITnpxSWh0N1U0UW1WQT09)

[pwd=dnFWODBLOFZITnpxSWh0N1U0UW1WQT09](https://us02web.zoom.us/j/83205122933?pwd=dnFWODBLOFZITnpxSWh0N1U0UW1WQT09)

BIRTHDAY LUNCH

Thursday, November 7th Starting 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, November 21st Starts 12:45

"Young Women of the Sea"



Through the steadfast support of her older sister and trainers, Trudy Ederle overcomes adversity and the animosity of a patriarchal society to rise through the ranks of the Olympic swimming team and complete a 21-mile trek from France to England.

Call to register at 781-942-6794

READING PUBLIC LIBRARY

Murder in the Dark Screening

Saturday | November 16 | 2:00-4:15 pm Join us at the library for a screening of a ghost story psychological thriller that will have you on the edge of your seat until the final chilling twist. This production hails from the award-winning Original Theatre Company of Sheffield, England. Runs 1 hour 40 minutes with intermission. Visit: <https://readingpl.libnet.info/event/11719823> for info.

HELPFUL RESOURCES

Council on Aging Meeting:

Next Council on Aging Meeting: **November 13th**

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

Monday, November 4th

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, November 5th 10:00 a.m. - 12:00 p.m.

Redstone Shopping Center

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

Walmart

Tuesday, November 19th 10:00 a.m. - 12:00 p.m.

Woburn Village, Target or Kohl's

Tuesday, November 26th 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.

Neighborhood/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.

LUNCH AND LEARN

John Gardinier from Therapy Gardens

Join us for some serious coffee talk. Learn about origination, cultivation, the enjoyment, historical impact on culture and more. We will also discuss different brewing methods and anything else we can think of.

Wednesday, December 4th from 12:00pm to 1:00pm

Please call to sign up

AARP TAX VOLUNTEERS

The Pleasant Street Senior Center is partnering with AARP of Massachusetts is **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/volunteer-tax-aide/>

BOOK CLUB

Studio 64 Book Club next meeting
at the **Reading Public Library**
Friday, November 22nd
10:30 - 12:00
Valiant Ambition by Nathaniel Philbrick

LAMP REPAIR RETURNS

Fall Hours:
Wednesday, November 6th and Nov 20th
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 MY ACTIVE CENTER

Tech Support with Nancy Ziemplack
**How to Register classes My Active Center on-line,
Notifications Alerts from the Town and how to
download the parking kiosks app.**
Call to register : 781-942-6794.
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 with John Tedesco
Thursday, November 21st 9:30 - 11:00
Navigating My Active Center Online Registration
Please bring your own Devices
Call to Register 781-942-6794
Seats are Limited 15 Max

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
of refreshments
Wednesday, November 20th 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

NEW DATE & TIME FIBER ARTS

Learn how to make a scarf
Come sit and chat while working on your own
project and share your creativity!
Yarn and Needles provided or feel free to bring
your own knitting needles, crochet hooks or other
fiber projects
Beginners are Welcome
Monday, November 4th 1:30pm - 3:00pm
(Next Class December 2nd)
Please call 781-942-6794 for more
Information and to sign up
(Refreshments will be provided)



Alzheimer's Association Presents


Effective Communication
Norma Mullican
Wednesday, November 13th
10:30-11:30
Call to register 781-942-6794
Dementia affects a person's ability to communicate,
making it hard to convey their wants and needs to the
people around them. Caregivers can learn how to use a
person-centered approach to communicate more
effectively at any stage of the disease.

BLOOD PRESSURE SCREENING WITH OLIVIA

Blood Pressure Screening at the Pleasant Street Center
Wednesday, November 6th
11:00am - 12:00pm

PSC MEN'S HUDDLE

Men's Huddle : Wednesday, Nov 27th

Monday	Tuesday	Wednesday	Thursday	Friday
<h1 data-bbox="77 197 815 323">November</h1> 				<p data-bbox="1289 205 1481 310">9:00 B.E.S.T. 9:00 Bridge (2nd Floor)</p> <p data-bbox="1289 348 1468 382">Closes at 12:00</p>
<p data-bbox="305 499 328 533">4</p> <p data-bbox="84 541 311 823">9:00 B.E.S.T. 10:30 Bingo 11:15 Chair Yoga 12:15 Lunch 1:00 Cribbage 1:30 Sen. Lewis 1:30 Fiber Arts 2:30 Zumba Gold</p>	<p data-bbox="587 499 610 533">5</p> <p data-bbox="350 533 578 777">9:30 ART 10:00 Walking Club 10:00 Caregiver Support 10:30 Body & Brain 1:00 POKENO 2:30 Senior Fit</p>	<p data-bbox="919 499 941 533">6</p> <p data-bbox="633 533 899 835">9:30 Mindful Crafters 12:00 Lunch & Learn 11:00 Drawing (Virtual) 11:00 BP Clinic 11:45 Yoga 1:00 Rummikub 1:45 Line Dancing 4:00 Interagen. Program</p>	<p data-bbox="1243 499 1266 533">7</p> <p data-bbox="964 533 1263 743">8:30 POM POMS 10:00 Scuttlebutt @RMHS 11:00 Billiards 11:00 Strength Balance 12:30 Mahjong 1:00 Birthday Lunch</p>	<p data-bbox="1523 499 1546 533">8</p> <p data-bbox="1289 533 1490 676">9:00 B.E.S.T. 9:00 Bridge (2nd Floor) 10:00 Rep Jones</p> <p data-bbox="1289 709 1468 743">Closes at 12:00</p>
<p data-bbox="295 875 328 909">11</p> <p data-bbox="100 953 311 1045">Veteran's Day PSC Closed</p>	<p data-bbox="578 875 610 909">12</p> <p data-bbox="350 909 607 1152">9:30 Art 9:30 Fuel Assistance 10:00 Walking Club 10:30 Body & Brain 1:00 Cribbage 1:00 POKENO 2:30 Senior Fit</p>	<p data-bbox="902 875 935 909">13</p> <p data-bbox="633 909 932 1190">9:00 Bereavement 10:00 Fiber Arts Presents 10:30 Alzheimer's Educat. 11:00 Zantangle (Virtual) 11:45 Yoga 1:00 Rummikub 1:00 Parkinson's Support 1:45 Line Dancing</p>	<p data-bbox="1234 875 1266 909">14</p> <p data-bbox="964 909 1237 1119">8:30 POM POMS 10:00 Diabetes 11:00 Billiards 11:00 Strength Balance 1:00 Lunch and Learn 12:30 Mahjong</p>	<p data-bbox="1513 875 1546 909">15</p> <p data-bbox="1289 909 1481 1014">9:00 B.E.S.T. 9:00 Bridge (2nd Floor)</p> <p data-bbox="1289 1052 1468 1085">Closes at 12:00</p>
<p data-bbox="295 1283 328 1316">18</p> <p data-bbox="84 1316 311 1560">9:00 B.E.S.T. 9:00 Hairdresser 10:30 Bingo 11:15 Chair Yoga 12:15 Lunch 1:00 Cribbage 2:30 Zumba Gold</p>	<p data-bbox="578 1283 610 1316">19</p> <p data-bbox="350 1316 587 1488">9:30 ART 10:00 Walking Club 10:30 Body & Brain 1:00 POKENO 2:30 Senior Fit</p>	<p data-bbox="902 1283 935 1316">20</p> <p data-bbox="633 1316 932 1593">10:30 "Between us Sisters" Louise May Alcott 11:00 Drawing (Virtual) 11:45 Yoga 1:00 Rummikub 1:45 Line Dancing 3:00 EHS/COA Senior Center Updates</p>	<p data-bbox="1234 1283 1266 1316">21</p> <p data-bbox="964 1316 1237 1560">8:30 POM POMS 9:30 Podiarty 9:30 Let's Get Digital 11:00 Billiards 11:00 Strength Balance 12:30 Mahjong 12:45 Movie and Pizza</p>	<p data-bbox="1513 1283 1546 1316">22</p> <p data-bbox="1289 1316 1539 1383">9:00 B.E.S.T. 9:00 Bridge (2nd Floor)</p> <p data-bbox="1289 1421 1468 1455">Closes at 12:00</p>
<p data-bbox="295 1677 328 1711">25</p> <p data-bbox="84 1719 311 1963">9:00 B.E.S.T. 9:30 Van Trip 10:30 Bingo 11:15 Chair Yoga 12:15 Lunch 1:00 Cribbage 2:30 Zumba Gold</p>	<p data-bbox="578 1677 610 1711">26</p> <p data-bbox="350 1719 578 1892">9:30 Art 10:00 Walking Club 10:30 Body & Brain 1:00 POKENO 2:30 Senior Fit</p>	<p data-bbox="902 1677 935 1711">27</p> <p data-bbox="633 1719 932 1963">9:00 Non Certified CPR 10:00 Men's Huddle 11:00 Zantangle (Virtual) 11:45 Yoga 1:00 Rummikub 1:45 Line Dancing (Cancelled)</p>	<p data-bbox="1234 1677 1266 1711">28</p> <p data-bbox="1003 1707 1224 1862">Happy Thanksgiving PSC Closed</p>	<p data-bbox="1513 1677 1546 1711">29</p> <p data-bbox="1318 1787 1513 1820">PSC Closed</p>

CPR NON CERTIFICATE TRAINING

Learn how to respond if a friend or loved one suddenly collapses in front of you and they appear to be not breathing and do not have a pulse. This class will cover how to do hands only CPR, calling 911, and operating an AED. Instructor, Brian Roche a Reading Firefighter for 9 years and a certified paramedic for the past 10 years.
Wednesday, November 27th 9:00 - 11:00am Call to Register at 781-942-6794

Lunch and Learn with Nutritionist Liz Morrison

Presents: "Gut Health"
Wednesday, November 6th from 12:00pm - 1:00pm
Call to register at 781-942-6794
(Catered by Fat Larry's)

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

Intergenerational Competitive Jigsaw Puzzle Contest!

Do you love puzzles? Have you ever put your skills to the test? Join Recreation and the Pleasant Street Center for an intergenerational competitive jigsaw puzzle contest! Sign up with family members or as an individual. Teams of 4 will be created upon arrival. Once teams are created, each team will receive identical 350-piece puzzles and 60 minutes to complete as much as possible. Once the timer starts, open the boxes and get your puzzling on in a race to beat your competition!

Date: Wednesday, November 6th from 4:00pm to 5:30pm at the Pleasant Street Center
(Snacks and refreshments will be served. Open to 40 total participants, 20 seniors)

Adopt a Family

The Reading Senior Center is proud to collaborate with Reading Cares and their Adopt-A-Family program. This initiative connects donors anonymously with local families in need, providing Thanksgiving dinner ingredients, for children aged 18 and under and their families. We are honored to participate in this cherished 30-year tradition in Reading.

This Holiday Season, let's ensure everyone has a full plate by donating non-perishable food items or Market Basket gifts cards! Together, we can make a difference and help families in need enjoy a hearty Thanksgiving meal. Please bring your donations by November 22nd to the Pleasant Street Center, a box will be located in the Great Room, if you are donating a gift card please leave that with a staff member. Let's work together to eliminate hunger in our community.

Automated Trash and Recycling Presentation with DPW Director Chris Cole

Chris Cole, Director of Public Works will be presenting the details of the transition to automated trash and recycling coming to Reading Spring 2025

Wednesday, December 4th from 9:30 - 10:30 (Space is Limited) Call to register 781-942-6794



Online Registration through My Active Center

Over the next few months, we will be rolling out the My Active Center online registration program that is part of the My Senior-Center system here at the Pleasant Street Center. My Active Center will allow participants to sign up and register for allowed programs and events online from home once an account is set up. Over the next few months, the Pleasant Street Center will be having classes on how to use this new online registration tool. Please note, participants will still be able to register for programs and events in-person and over the phone.

Please keep an eye out for more information as well rolling this new online registration program out.

Thank you!

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.

FUEL ASSISTANCE

Starting November 12th from 9:30am to 12:00pm
2nd Tuesday of each month through April
Fuel Assistance Program by Appointments only
781-942-6794

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.

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, November 5th

10:00 - 11:00

Call to register 781-942-6794

BUS TRIPS

Royal Tours Presents
A visit to The John F. Kennedy Library and Museum
Lunch at Maggiano's Little Italy
Tuesday, November 12th
\$40.00 Per Person (Check only)
(Partially funded by ARPA)



Royal Tours Merrily present
"Nashville Christmas"
at the Danversport Yacht Club
Wednesday, December 11th, 2024
\$40.00 Per person (checks only)



NOVEMBER DIABETES AWARENESS

Lea Anne Pero, RN, BSN, MPH Public Health Nurse with the Middlesex-Essex Public Health Collaborative
Presents;

Diabetes in Older Adults.

This diabetes education presentation will discuss diagnosis, risk factors, signs and symptoms, and special considerations for older adults. Nutrition, physical activity, and local resources

Thursday, November 14th

10:00 - 11:00 Call to Register 781-942-6794

<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 **Pleasant Street Center :**
49 Pleasant 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 November 2024 Schedule

- 11/05: Meet at the Library Entrance and walk to the newest park in town via Hunt Street.
- 11/12: Meet at the Parking lot between Walgreens and Angelos on Main Street in Stoneham.
- 11/19: Meet at the Pine Ridge Rd. parking area.
- 11/26: Meet at the Pleasant Street Center.

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

Biff Kazazian
Lamp Repair

The Pleasant Street Center (PSC) has been incredibly fortunate to have Biff as a dedicated member of our volunteer team for the past eight years. Biff brings a unique and invaluable service to our community by repairing lamps for our seniors free of charge. His kindness and technical expertise have brightened both homes and spirits, as seniors only need to cover the cost of parts. This year alone, Biff has already restored 56 lamps to working order. His generosity and commitment to helping others embody the spirit of community that makes the Pleasant Street Center such a special place. Thank you, Biff, for all you do!

How long have you been volunteering at the PSC? Since 2016

What inspired you to start volunteering at the PSC?

I have always volunteered in any town I live in. It is a part of giving back.

What is your favorite aspect of volunteering at the PSC?

Helping others

What advice would you give to someone considering volunteering at the PSC? Come with an open mind.