

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.

RECAL PUBLIC FORUMS

Please join the next two Reading Center for Active Living (ReCAL) public forums on Tuesday, January 28th and Tuesday, March 5th. Both forums will start at 7:00pm at the Pleasant Street Center. Do you have feedback or thoughts to share on the project? Email them to ReCAL@readingma.gov.

NEW YEAR LUNCHEON

Celebrate 2025 with Jumpin Juba Guitarist Steve Hurl
 Thursday, January 2nd from 1:00 - 2:00
 Registration required Please call 781-942-6794
 (Catered by Mandarin)

MINDFUL CRAFTERS

Marianne Snow presents:
 Quotes and Collages to inspire the
 New Year
 Wednesday, January 8th
 9:30 - 11:00
 Call to register: 781-942-6794
 Limited Space 20 max

SKETCH BOOK JOURNAL

AJ Jerrett
 Email "Sketch Book Journal"
 Wednesday, January 15th & 29th
 10:00 - 11:30
 Call to register or registration online
www.myactivecenter.com
 Limited Seating
 12 max

AUTHOR 'S CORNER

Author Andrew Noone Presents:
*Bathsheba Spooner:
 A Revolutionary Murder
 Conspiracy*
 Wednesday, January 22nd
 From 10:30 to 11:30 at the
 Pleasant Street Center

 Please call 781-942-6764
 to Sign up

LUNCH AND LEARN

Stephanie Ramy OTR/L
 from Melrose Wakefield Hospital
 Tufts Medicine
 Presents: Slips, Trips, Falls
 What can you do to prevent falls?
 Thursday, January 9th
 1:00-2:00
 Call to register 781-942-6794
 Online registration:
<https://www.myactivecenter.com>
 (John Tedesco from Let's Get Digital
 will do a 20 min presentation
 and review online registration after)

FIBER ARTS

Laurie Theis from Mary Rose Quilts
 Presents: Circle Fun
 Wednesday, January 15th
 9:30 - 11:00
 Call to register 781-942-6794
 Limiting Seating 12 max

Mondays

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

9:00am - 10:00am - **Class cancelled 1/20**

Location: Great Room

Chair Yoga:

11:15am - 12:15pm - **Class cancelled 1/20**

Location: 2nd Floor

Zumba Gold with Kelli:

2:30pm - 3:15pm - **Class cancelled 1/20**

Location: Great Room

Tuesdays

Body and Brain 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 9Free)

Location: 2nd Floor

Line Dancing with Val:

1:45pm - 2:30pm

Location: Great Room

Thursdays

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

8:30-9:30

Location: Great Room

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

Location: Great Rm

Fridays

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

9:00am - 10:00am

Location: Great Room

VETERANS SCUTTLEBUTT

Thursday, January 2nd from 10:00 to 11:00
All who have served in the Armed Services may
qualify for Disability and Veterans Benefits:

For more information

Contact: William Valliere

Veterans Service Officer at

781-942-6652 or

email: wvalliere@readingma.gov

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) **Cancelled 1/20**

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

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: Wednesday, January 8th

PARKINSON SUPPORT GROUP

Parkinson's Disease Support Group

Meets the 2nd Wednesday of every month.

Wednesday, January 8th

1:00 - 2:00

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

BEREAVEMENT GROUP

Wednesday, January 8th

9:00 - 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, January 13th

9:00 -1:30

By appointment only : 781-942-6794

Men and Women Trim and Blow out only

Washed hair preferred

Gratuities are Welcomed

Reading Residents Only

APRA Funded

No Walk-ins



VIRTUAL ART

Virtual Zentangle and Drawing with Susan
Drawing: WED January 15th and January 29th
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, January 8th and January 22nd
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, January 16th 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, January 23rd Starting at 12:45



Presenting:

The Holdovers



Follows a curmudgeonly instructor (Paul Giamatti) at a New England prep school who is forced to remain on campus during Christmas break to babysit the handful of students with nowhere to go.

HEARING SCREENINGS

Hearing Screenings with Dr. Carleigh Lemay

Atlantic Hearing Care

Tuesday, January 28th

9:00 - 10:20

Appointments Only - No Walk Ins - Call for appointment

HELPFUL RESOURCES

Council on Aging Meeting:

Next Council on Aging Meeting: January 13th

Community Services Director

Genevieve Fiorente
781-942-6672 email

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, January 6th

1:30 - 2:30 by appointment only

Please call 781-942-6794 to schedule an appointment

READING SELECT BOARD OFFICE HOURS

Please contact the Pleasant Street Center for Select Board office hours!

Contact the Select Board anytime at
selectboard@readingma.gov

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, January 7th 10:00 a.m. - 12:00 p.m.

Redstone Shopping Center:

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

Walmart:

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

Woburn Village, Target or Kohl's:

Tuesday, January 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/Neighborhood: 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.

AARP & PSC TAX PREPARATION

**In cooperation with AARP and the Internal Revenue Service (IRS),
Federal and state income tax
preparation assistance is provided with a trained
Volunteer.**

**By Appointments Only
Please call the Pleasant Street Center for further
details at 781-942-6794
(No Walk-ins)**

RMV PRESENTATION

Wednesday, January 29 from 10:30-11:30

Join Michelle Ellick from the RMV for
Shifting Gears Rules of the Road Defensive Driving
and Safe Driving Tips

BOOK CLUB

Studio 64 Book Club next meeting
at the **Reading Public Library**
Friday, January 24th
10:30 - 12:00
The Phoenix Crown

RPL

Dancing with the Folk Arts Center of New England

Starts Tuesday January 14 | 12:00 – 2:00 pm
at: Unitarian Universalist Church of Reading

Travel the world while staying in Reading with dance traditions of a variety of countries and regions. This series of folk dance classes, taught by New England Folk Arts Center's Executive Director, Marcie van Cleaves, will brighten winter's coldest, darkest days. Visit: <https://readingpl.libnet.info/event/12278770>

COMPUTER ROOM

The PSC Computer Room is open
Monday - Thursday 8:30 to 3:30 and on
Fridays from 8:30 to 11:30

LET'S GET DIGITAL

Let's Get Digital with John Tedesco
Thursday, January 16^h 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.

RECAL NEW SENIOR CENTER UPDATES

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

Thursday, January 16th 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

Nancy Ziemplak, Chair

email :CouncilOnAging@ci.reading.ma.us

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

Mondays from 1:30 to 3:00

Please call 781-942-6794

for more Information

EAR WAX REMOVAL

Starting in January
Monthly Ear Wax Removal Services
Marie Anderson NP
Certified Foot Care and Ear Waxing Specialist
Scheduled appointments only - call 781-942-6794

BLOOD PRESSURE CLINIC

Blood Pressure Screening at the Pleasant Street Center
Wednesday, January 8th
11:00am - 12:00pm

FRIENDS OF READING 60+

Friends of Reading 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

Winter Wonderland

E F R B Y R E P P I L S C H I L L Y
P R E R S F F U M R A E F W D L O C
S O T T I N S Y B S L E Y Y D N I W
T Z N R O N L E C A L P E R I F O I
O E I B E C L H P S H O V E L V J E
O N W T O O A L M T Y R A U R B E F
B S T A W T O G L O V E S T D E L S
B I T Z O W C D Y R E T S U L B N S
M S E T A N R E B I H O R S S O E S
E R K A S E U R S B R E O N W I X K
O B N N T S E N H F V N O J R B F A
E T A J T V O P K E A W A R L H R T
L E L I I W S C F M S N U I Y E A I
C C B H S K A N W U U L Z T O A C N
I A S T I J I O I A F Z S T K T S G
C A O I G B N T R Z A O I C Y E F L
I R N A A S A Y G R R Y T S O R F J
M G A C N L R A D F T A O C O C Z Q

Word List:

BELOWZERO
BOOTS
COCOA
FIREPLACE
FROZEN
HIBERNATE
JACKFROST
SHIVER
SLED
SNOWSTORM

BLANKET
CABINFEVER
COLD
FLURRIES
GLOVES
ICICLE
MITTENS
SHOVEL
SLIPPERY
SNOWSUIT

BLIZZARD
CHILLY
EARMUFFS
FROSTY
HAT
ICY
PLOW
SKATING
SNOW
WINDY

BLUSTERY
COATS
FEBRUARY
FROSTY
HEATER
JANUARY
SCARF
SKIING
SNOWMAN
WINTER

Serve Up Hearty Soup

With falling temperatures, whistling winds, chilly days, and often inclement weather in many parts of the country, it's no surprise that January is recognized as National Soup Month. After all, what can be more comforting than wrapping your cold hands around a piping hot bowl of satisfying soup?

Benefits of Soup

In addition to being warm and comforting, soup is a terrific meal option for a number of reasons. Because of their relative ease of preparation, many soups can be made with little cooking experience. Most recipes make a big batch, so one occasion in the kitchen can cover many meals. Even adults who struggle with lack of appetite can often tolerate a bowl of hot and hearty soup. The liquid also has hydrating benefits for those who don't consume enough water on a daily basis.

But one of the biggest benefits of soup is that they are a great way to add more nutritious ingredients into your diet, especially vegetables, which people tend to eat less of in winter. This Classic Vegetable Soup features eight kinds of veggies, but feel free to mix and match the ingredients to suit your tastes.

Classic Vegetable Soup

2 tablespoons olive oil

1 medium yellow onion, chopped

4 medium carrots, chopped

2 celery ribs, chopped

3 garlic cloves, minced

4 cans (14-1/2 ounces each) low-sodium chicken broth or vegetable broth

2 cans (14-1/2 ounces each) diced tomatoes, undrained

2 medium potatoes, peeled and diced

1/3 cup chopped fresh parsley

2 bay leaves

2 teaspoons dried Italian seasoning

1-1/2 cups chopped frozen or fresh green beans

1-1/4 cups frozen or fresh corn

1 cup frozen or fresh peas

2 cans (15-1/2 ounces each) navy beans, rinsed and drained, optional

Salt and freshly ground black pepper to taste

Heat olive oil in a large pot over medium-high heat. Add onion, carrots, and celery. Saute until crisp-tender. Add garlic and sauté 30 seconds.

Stir in broth, tomatoes, potatoes, parsley, bay leaves, and Italian seasoning. Bring to a boil; add green beans. Reduce heat to medium-low. Cover and simmer until potatoes are almost fully tender, about 20-30 minutes. Add corn, peas, and navy beans. Cook 5 minutes longer. Season with salt and pepper. **Yield:** 8 servings.

Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
			8:30 POM POMS 9:00 Podiatry 10:00 Scuttlebutt 11:00 Billiards 11:00 Strength Balance 12:30 Mahjong 1:00 New Year's Luncheon	9:00 B.E.S.T. 9:00 Bridge (2nd Floor) Closes at 12:00
6	7	8	9	10
9:00 B.E.S.T. 10:30 Bingo 11:15 Chair Yoga 12:15 Lunch 1:00 Cribbage 1:30 Fiber ARTS 1:30 Rep Lewis 2:30 Zumba Gold	9:30 ART 10:00 Walking Club 10:30 Body & Brain 1:00 POKENO 2:30 Senior Fit	9:00 Bereavement 9:30 Mindful Crafters 11:00 Zantangle Virtual 11:45 Yoga 1:00 Rummikub 1:00 Parkinson's Supp. 1:45 Line Dancing	8:30 POM POMS 11:00 Billiards 11:00 Strength Balance 12:30 Mahjong 1:00 Lunch and Learn Slips Trips and falls 2:00 John Tedesco (Presents online Registration)	9:00 B.E.S.T. 9:00 Bridge (2nd Floor) 10:00 Rep Jones Closes at 12:00
13	14	15	16	17
9:00 Hairstylist 9:00 B.E.S.T. 10:30 Bingo 11:15 Chair Yoga 12:15 Lunch 1:00 Cribbage 1:30 Fiber Arts 2:30 Zumba Gold	9:30 Art 9:30 Fuel Assist. 10:00 Walking Club 10:30 Body & Brain 1:00 POKENO 1:00 CRIBBAGE 2:30 Senior Fit	10:00 AJ Jarrett (Sketchbook) 10:00 Fiber Arts Presents 11:00 Drawing Virtual 11:45 Yoga 1:00 Rummikub 1:30 Beverly Enos 1:45 Line Dancing	8:30 POM POMS 9:30 Podiatry 9:30 Let's Get Digital 11:00 Billiards 11:00 Strength Balance 12:30 Mahjong 1:00 Birthday Luncheon 3:00 EHS/COA Updates	9:00 B.E.S.T. 9:00 Bridge (2nd Floor) Closes at 12:00
20	21	22	23	24
PSC Closed Martin Luther King Day	9:30 Art 10:00 Walking Club 10:30 Body & Brain 1:00 CRIBBAGE 1:00 POKENO 2:30 Senior Fit	10:00 Men's Huddle 10:30 Andrew Noone 11:00 Zantangle Virtual 11:45 Yoga 1:00 Rummikub 1:45 Line Dancing	8:30 Pom Poms 10:00 RPL presents: Lesson in Chemistry 11:00 Billiards 11:00 Strength Balance 12:30 Mahjong 12:45 Movie & Pizza "The Holdovers"	9:00 B.E.S.T. 9:00 Bridge (2nd Floor) Closes at 12:00
27	28	29	30	31
9:00 B.E.S.T. 10:30 Bingo 11:15 Chair Yoga 12:15 Lunch 1:00 Cribbage 1:30 Fiber Arts 2:30 Zumba Gold	9:00 Hearing Screen 9:30 Art 10:00 Walking Club 10:30 Body & Brain 1:00 POKENO 2:30 Senior Fit	10:00 AJ Jerrett "Sketchbook" 10:30 RMV Presents 11:00 Drawing Virtual) 11:45 Yoga 1:00 Rummikub 1:30 Beverly Enos 1:45 Line Dancing	8:30 Pom Poms 11:00 Billiards 11:00 Strength Balance 12:30 Mahjong	9:00 B.E.S.T. 9:00 Bridge (2nd Floor) Closes at 12:00

PSC Closed on Monday, January 20th in observance of Martin Luther King Day

Upcoming February Events

Lunch & Learn

Wednesday, February 5th from 12:00pm to 1:00pm

Join Town Assessor Victor Santaniello and PSC Volunteer Coordinator to learn more about the Senior Property Tax Work-Off Program and how you can save \$1,500 on your property taxes by working for the Town of Reading.

Thoreau Society presents : Dr. Zoë Pollak

Wednesday, February 5th from 10:00am to 11:00am

This presentation argues that Henry Thoreau did not "flee" to nature to escape the human world, but instead used his observations of natural patterns and phenomena to reflect on the human condition. It also explores the political and cultural history of Thoreau's New England, with a particular focus on Concord's early Black inhabitants.

Mariann Snow and Mindful Crafts

Wednesday, February 5 from 10:00-11:00

Quotes and Collage Inspire the New Year

Limiting seating call to register 781-942-9467

Fiber Arts with Beverly Enos Presents: BUNKA Japanese Needlepoint Demonstration class

Wednesday, January 15th 1:30 - 3:30

Limited Seating - 7 max

Inclement Winter Weather Policy

Please be advised, If the Reading Public Schools are closed due to snow, the Pleasant Street Center will be closed.

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

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 60+ 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.

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.

Online Registration link: <https://www.myactivecenter.com/>

↻ Word Twist

New Year's

The letters in these words are all twisted up. To play, unscramble the letters to reveal the correct words.

Hint: Each puzzle has a common theme!

Losierotun _____

Batcleinore _____

Gdthimin _____

Dotwnucno _____

Hagapm nec _____

Ftcnoite _____

Rewoirksf _____

Nitidrato _____

Yajanur _____

Sivtsetief _____



HAPPY
NEW
YEAR!

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

Tuesday January 14th 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 **10:00 to 11:00** to share experiences, talk about issues, solutions and to generally support one another through what can be a difficult journey.

Tuesday, January 7th

10:00 - 11:00

Call to register 781-942-6794

SPEAKERS BUREAU

PSC together with Reading Public Library

Presents:

Lessons in Chemistry

Location: PSC

Thursday January 23rd

10-00-11:30

Call to register 781-942-6794 or online registration available

<https://myactivecenter.com/>

Limited Seating 15 MAX

NEW EVENING CLASS

Come Join the fun
Evening Fitness Class at PSC Featuring
Val Cagnina with 15 + years experience as a
Line Dancer Instructor
Line dancing is a group dance where
participants stand in lines or rows and
perform a series of steps in unison to the beat of
a song

8 Weeks starting

Monday, February 3rd to Monday, March 30th

6:30pm to 7:15pm

Call to register 781-942-6794

MEN'S HUDDLE

Men's Huddle

Wednesday, January 26th 10:00 - 11:00

Join PSC Administrator Chris K. for refreshments and conversation.

For more information or to sign up, call

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

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 January 2025 Schedule

- 1/07: Meet at Horn Pond at Lake Ave parking area
- 1/14: Meet at Home Goods Parking Lot
- 1/21: Meet at Residence at Pearl Street parking area
- 1/28: Meet at Washington Street Park

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? 9 months

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

The desire to be of assistance to others and the fulfillment doing so gives me.

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

Interacting with our guests.

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

Do it! You'll get as much out of it as you give.