

# PLEASANTRIES

49 Pleasant Street  
Reading, MA 01867

Hours: M-Th: 8:30 am-4:00pm Fr: 8:30am—12pm

## Staff Contact Info

**Administrator**  
Amy O'Brien (781) 942-6658  
aobrien@ci.reading.ma.us

**Sr. Case Manager**  
Kerry Valle (781) 942-6659  
kvalle@ci.reading.ma.us

**Nurse Advocate**  
Alyse Warren (781)942-6693  
awarren@ci.reading.ma.us

**Van Driver/Transportation  
Coordinator**  
Joe Beninati (781) 942-6754  
jbeninati@ci.reading.ma.us

**Receptionist/Clerk**  
Eileen Mack (781) 942-6794  
emack@ci.reading.ma.us

Goodbye July...   
 ALOHA August!

Dear Friends! Happy August!

We hope everyone is enjoying their Summer and beating the heat! We have some exciting events coming up in August:

### Highlights for August:

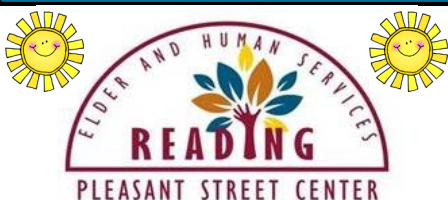
- ♥ **Movie & Pizza– Thursday, August 11th**
- ♥ **Special Coffee Hour for Sally Hoyt– Wednesday, August 17th**
- ♥ **Birthday Lunch– Thursday, August 25th**

Have you checked out Reading Town Manager's, Fidel Maltez's monthly newsletter, *The Town Manager Minute*? Be sure to visit the Town of Reading's website and sign-up to receive these. We will be sure to have copies at the Pleasant Street Center too. While you are there, you can also check out the Select Board's Summer Office hours (*also on page 3*).

Friendly reminder that if you are signed up for an event here at the PSC and can't make it, please call us at 781-942-6794 to cancel. Many times we have a waitlist.

We are excited to have more programs added in the Fall! Have a wonderful rest of the Summer! Feel free to stop by the Pleasant Street Center!

*Amy, Alyse, Eileen, Joe & Kerry*  
Pleasant Street Center Team



## SALLY HOYT TURNS 100!



### Recognizing Sally Hoyt's Service to the Town of Reading and Council on Aging

Sally Hoyt will be turning 100 in August! Sally has served the Town of Reading in many capacities including: serving four terms on the Reading Select Board, 18 years on the Reading Conservation Committee, and is still an active and valued member of Reading's Council on Aging, 30 years and counting.

To celebrate this milestone, and her accomplishments, Sally will be receiving a proclamation from MA State Representative Richard Haggerty on **August 17th at 9:30 a.m. at the Pleasant Street Center**. This will be followed by a **special coffee hour sponsored by COA** that will be open to the public. If you are interested in attending, please call **781-942-6794 to reserve a spot. Limited space available.**

## IN-PERSON FITNESS

### Mondays

**B.E.S.T. with Pat** (Balance, Energy, Strength Training) - @9:00-10:00am \$3 per class. Meets in the Great Room  
**Chair Yoga for Arthritis** 11:15am– 12 pm \$5 per class. All levels welcome. Meets upstairs **OFF 8/8**

**Zumba with Kelli** @2:45- 3:30 p.m. \$5 In Great Room- **OFF AUGUST**

### Tuesdays

**Body and Brain Flexibility** @10:30-11:30 \$5 per class **OFF AUGUST**

**Zumba Gold Toning with Kelli** 2:30—3:15 p.m. \$5 **OFF AUGUST**

### Wednesdays

**Line Dancing with Val**—@1:45—2:30pm \$5 per class. Meets in the Great Room.

**Yoga with Rosa** 11:45—12:30 pm \$10per class

### Thursdays

**Tai Chi with Paul**- @9:00-10:00am Free. Meets in the Great Room. **OFF AUGUST**

**Strength & Balance with Terry** - @11:15-12:15pm \$5 per class. Bring your own hand held weights or resistance bands. Meets in the Great Room. **Off 8/8**

### Fridays

**B.E.S.T. with Pat** (Balance, Energy, Strength Training) @9:00-10:00am \$3 per class. Meets in the Great Room  
**Gentle Mat Yoga with Connie**-@ 10:15-11:15am \$10 per class. Meets upstairs in Lounge. **OFF AUGUST**

## IN-PERSON ACTIVITIES

### Tuesdays

- ◆ **Art Lessons with Steve Greco** @9:30am – 12:00, \$40/month 10 hours of lessons. First class free.

## BIRTHDAY LUNCH

**Birthday Lunch– Thursday, August 25th at 1 pm**  
**Special tribute to COA's Sally Hoyt**  
**on her 100th birthday**



- **\*Reading residents only, Ages 60+!**
- If it is your birthday month, a gift & lunch is free.

Call to reserve your spot 781-942-6794

**\*No early arrivals please! Doors open at 12:45pm**

## IN-PERSON TECH SUPPORT

### Technology Support

### ON SUMMER HIATUS UNTIL SEPTEMBER

Do you have questions about using Zoom, printing photos, searching the Internet, or something else related to your computer? If so, call the center at (781) 942-6794 to schedule an appointment with Nancy in September.

## IN-PERSON SHINE COUNSELING

### SHINE COUNSELING By Appointment Only

**Tuesday, August 2nd, 16th & 30th.**

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**

## IN-PERSON GAMES

### Mondays

- ◆ **Bingo** 11:30 am- 1:30pm 10 games for \$5.00
- ◆ **Cribbage** 1:00pm to 3pm (upstairs)

### Wednesdays

- ◆ **Bridge** 12:30 –3:30pm (downstairs in July) *\*returning to Fridays in September*
- ◆ **Rummikub** 1:00pm to 3pm (upstairs)

### Thursdays

- ◆ **Mahjong**- 12:30pm to 3:30 pm (upstairs)

**Fridays**– No games. **PSC closes at 12 pm Bridge returning in September to Fridays.**

## VETERANS

**Scuttlebutt Meeting is**  
**Thursday, August 4th at 10:00am**  
**We hope to see you there!**



For more info, please email Will Valliere at:  
**wvalliere@ci.reading.ma.us**

## GROUPS

### Low Vision Group

Support group for those experiencing varying degrees of vision loss. Sponsored by MA Association for Blind & Visually Impaired. Meets the 2nd Wednesday of each month. **Meets via conference call on Wednesday, August 10th from 10-11:15 a.m.** Please call 781-942-6794 for information

## PARKINSONS GROUP

**Parkinson's Disease Support Group**  
**Wednesday, August 10th @ 1:00—2:00pm**  
**At the Pleasant Street Center— Lounge**

Led by Kathy Hill, PT with the Greater Medford VNA.  
 Meets the 2nd Wed of each month.

## BEREAVEMENT GROUP

### 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 provided. Group allows for safe, nonjudgmental place to talk about loss and understand the grief process. This group provides a no pressure zone to work through loss and move towards the future in a healthy way. Group will meet monthly on the second Tuesday of every month. **Tuesday, August 9th at 9 -10 am**



## READING SELECT BOARD OFFICE HOURS

### 2022 SELECT BOARD HOURS



#### AUGUST 9TH

**Karen Herrick, Co-Chair**

**11 AM at RMLD**  
**230 Ash Street**

#### SEPT 13TH

**Mark Dockser, Chair**

**11:30 AM at Pleasant St. Senior Center**  
**49 Pleasant St.**

**CONTACT THE BOARD ANYTIME at**  
**selectboard@ci.reading.ma.us**

**For more info, please visit:**  
**Readingma.gov**

**CHECK IT OUT!**

## VIRTUAL ART

**Virtual Zentangle with Susan— 8/3, 8/17 & 8/31**

**Wednesdays at 9:30-10:30 am**

**Virtual Drawing with Susan— 8/10 no class 8/24**

**Wednesdays at 9:30 -10:30 am**

Materials needed for Zentangle: paper, pencil, pen that writes nicely (I use a Micron), blending tool such as a tortillon/blending stump (cotton swab could work in a pinch)

Materials needed for Drawing: paper, pencil (No.2, 2H and 4B for drawing, if you have them), vinyl eraser and kneaded eraser recommended. No experience needed. Join us for a relaxing, meditative, comfortable art experience.

Susan is a Certified Zentangle Teacher.

To register, use link: <https://tinyurl.com/ygzjdpfo>

## MOVIE & PIZZA

**August Movie -Rescued By Ruby**  
**Thursday, August 11th at 12:30 pm**



Real life-story follows a state trooper named Dan, who dreams of joining the K-9 search & rescue team for the RI State police, however has been unsuccessful in doing so until he rescues a lovable dog named Ruby.

**MUST RSVP to 781-942-6794**

## MEMORY CAFÉ



The Stoneham & Reading Senior Centers will once again partner to bring enjoyment & social connections to individuals living with a memory impairment & their care partners through the Memory Café.

**Please join us at the Stoneham Senior Center**  
**136 Elm Street on August 9<sup>th</sup> from 10:30am-12pm.**  
**Come and enjoy Karaoke with Ann Lanphere** and sing to your favorite songs, laugh and enjoy the company of new and old friends.

**Please RSVP to Kerry Valle 781-942-6659 or**  
**Alyse Warren 781-942-6693**

## HELPFUL RESOURCES

### Council on Aging: Zoom

Next meeting will be on August 2nd at 6:30 pm Zoom

### Town of Reading Select Board

Selectboard@ci.reading.ma.us

### Mark Dockser, Chair

Mark.dockser@ci.reading.ma.us

### Karen Herrick, Vice Chair

kherrick@ci.reading.ma.us

### Chris Haley, Secretary

christopher.haley@ci.reading.ma.us

### Carlo Bacci, Member

carlo.bacci@ci.reading.ma.us

### Jacqui McCarthy, Member

jacqueline.mccarthy@ci.reading.ma.us

### Senator Jason Lewis:

(617) 722-1206

Jason.Lewis@masenate.gov

### Representative Brad Jones

(617) 722-2100

Bradley.Jones@mahouse.gov

### Representative Seth Moulton

(978) 531-1669

### Representative Rich Haggerty

(617) 722-2090

Richard.Haggerty@mahouse.gov

### Senator Jason Lewis Office Hours

Next office hours are September 12th at 1:30 pm

### 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!

Chromebooks will be loaned out for a **2-month trial period**. If you enjoy the experience, the Pleasant Street Center staff will help you purchase and set up your own Chromebook. The units are already set up, so you can quickly check the weather, local and national news, PSC schedules, tutorials on how to ZOOM and more.

## ON THE GO!

Van transportation is a **free service** to Reading seniors and non-seniors with disabilities. Our goal is to provide safe, efficient and friendly service. **Reservations are required at least 48 hours in advance by calling the Pleasant Street Center (781) 942-6794.**

**Seating is limited. Trip times are subject to change, please call to make a reservation. Masks are required before you enter the van.**

### August Shopping Dates and Times

#### Walmart

Monday, August 1<sup>st</sup> 10:00 a.m. - 12:00 p.m.

#### Redstone Shopping Center

Monday, August 8<sup>th</sup> 10:00 a.m. - 12:00 p.m.

#### Walmart

Monday, August 15<sup>th</sup> 10:00 a.m. - 12:00 p.m.

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

Monday, August 22<sup>nd</sup> 10:00 a.m. - 12:00 p.m.

#### Walmart

Monday, August 29<sup>th</sup> 10:00 a.m. - 12:00 p.m.

#### Market Basket or Stop & Shop:

Peter Sanborn Grocery Shopping Wednesdays 8:30 - 9:30 a.m.

Neighborhood Grocery Shopping Wednesdays 9:30 - 10:30 a.m.

Cedar Glen Grocery Shopping Thursdays 8:30 - 9:30 a.m.

Bldg. 3 & 4, 9:30 - 10:30 a.m. Bldg. 1 & 2

Tannerville Grocery Shopping Fridays 8:30 - 9:30 a.m.

**As a courtesy to others, 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.**

***No more than 3 bags per passenger. All shoppers are responsible for carrying their own purchases.***





Mon	Tue	Wed	Thu	Fri
1 9:00am BEST 11:15am-12pm Chair Yoga 11:30am Bingo 1pm Cribbage NO ZUMBA	2 9am- 1pm SHINE 9:30am-11:30am Art 10:00am Walking Club NO Body & Brain NO ZUMBA	3 9:30 am Zentangle (virtual) NO YOGA WITH ROSA 12:30-3:30 pm- Bridge 1pm Rummikub 1:45 pm Line Dancing	4 10am Scuttlebutt NO COMPUTERS NO Tai Chi 11:15 Strength & Balance (upstairs) 12:30 Mahjong	5 9am BEST NO Gentle Yoga <b>CLOSING AT 12</b>
8 9:00am BEST NO CHAIR YOGA 11:30am Bingo 1pm Cribbage NO ZUMBA	9 9:30am-11:30am Art NO WALKING CLUB NO Body & Brain 2:30pm Zumba Gold	10 9:30am Drawing (virtual) 10 am Low Vision 1:00pm Parkinson's 11:45 am-12:30 pm-Yoga with Rosa 12:30-3:30 pm- Bridge 1pm Rummikub 1:45 pm Line Dancing	11 NO COMPUTERS NO Tai Chi NO Strength & Balance 12:30 Movie- <i>Rescued by Ruby &amp; Pizza</i> 12:30 Mahjong	12 9am BEST NO Gentle Yoga <b>CLOSING AT 12</b>
15 9:00am BEST 11:15am-12pm Chair Yoga 11:30am Bingo 1pm Cribbage NO ZUMBA	16 11am- 3pm SHINE 9 am Bereavement Group 9:30am-11:30am Art NO WALKING CLUB NO Body & Brain 2:30pm Zumba Gold	17 9:30 <i>Sally Hoyt's award with special coffee hour</i> 9:30am Zentangle (virtual) 11:45 am-12:30 pm-Yoga with Rosa 12:30-3:30 pm- Bridge 1pm Rummikub 1:45 pm Line Dancing	18 NO COMPUTERS NO Tai Chi 11:15 Strength & Balance 12:30 Mahjong	19 9am BEST NO Gentle Yoga <b>CLOSING AT 12</b>
22 9:00am BEST 11:15am-12pm Chair Yoga 11:30am Bingo 1pm Cribbage NO ZUMBA	23 9:30am-11:30am Art NO WALKING CLUB NO Body & Brain 2:30pm Zumba Gold	24 NO DRAWING 11:45 am-12:30 pm-Yoga with Rosa 12:30-3:30 pm- Bridge 1pm Rummikub 1:45 pm Line Dancing	25 NO COMPUTERS NO Tai Chi 11:15 Strength & Balance 12:30 Mahjong 1pm Birthday Lunch	26 9am BEST NO Gentle Yoga <b>CLOSING AT 12</b>
29 9:00am BEST 11:15am-12pm Chair Yoga 11:30am Bingo 1pm Cribbage NO ZUMBA	30 9am- 1pm SHINE 9:30am-11:30am Art NO WALKING CLUB NO Body & Brain 2:30pm Zumba Gold	31 9:30am Zentangle (virtual) 11:45 am-12:30 pm-Yoga with Rosa 12:30-3:30 pm- Bridge 1pm Rummikub 1:45 pm Line Dancing		

## MUSIC AROUND TOWN

# Reading Recreation Summer Concert Series

Sundays @ Memorial Park



Free Entry!

6:00pm - 7:30pm

July 17th	Perfect Crime
July 24th	Stephen Savio
July 31st	Jumpin' Juba
August 7th	The Reminisants
August 14th	The RBP Project

FOR MORE INFORMATION PLEASE VISIT  
WWW.READINGREC.COM OR CALL US AT (781) 942-9075

## VIRTUAL PROGRAMS

**evolv** senior  
connections  
The Future of Senior Engagement

Check out this FREE website that offers free,  
virtual programs for seniors!

You can also sign-up to have a separate and  
enhanced calendar delivered to your inbox  
free each month.

[www.evovsc.com](http://www.evovsc.com)



## RPL FOR PSC

Questions? Please call Library at 781- 944-0840

**Virtual Writers Group Wed, 8/3, 10:00 - 11:30am** Join this drop-in community of writers to share ideas, drafts, and cheer each other on. Registration: <https://libcal.readingpl.org/event/8640398>

**Enthusiast's Bird Walk with Dave Williams Thurs, 8/4, 7:00 - 8:30am** The early bird walkers will meet at the Reading Town Forest, with a departure time of 7:00am. Registration: <https://libcal.readingpl.org/event/9148843>

**Create! Camp Crafts for Adults: Flowerpot Toadstool Mon, 8/8, 10:00 - 11:30am** Revisit craft time at summer camp and join librarian and artist Melissa for a relaxing morning of painting! Turn a regular old flowerpot into an adorable toadstool decoration. Pour yourself an iced tea or lemonade, kick back, relax, and create. This event is generously sponsored by The Friends of the Reading Library. Registration: <https://libcal.readingpl.org/event/8953667>

**Craftivism 101 Wed, 8/10, 6:30 - 8:30pm** Craft-based activism has been used as a tool of resistance, coalition building, and even espionage! Learn from Shannon Downey—a leader in the modern craftivism movement. She will introduce the history of craftivism and ways you can get involved in the modern movement. Shannon will show you how to embroider and have you stabbing it out in no time. Registration: <https://libcal.readingpl.org/event/9304931>

**Trails Not Scales with Summer Michaud-Skog: Community Read Thurs, 8/11, 7:00 - 8:00pm** From the founder of the Fat Girls Hiking community comes an inclusive, inspiring call to the outdoors for people of all body types, sizes, and backgrounds. Author Summer Michaud-Skog inspires readers to redefine who is considered “outdoorsy” and to get outside, no matter their size. Whether you’re an experienced or aspiring hiker, you’ll be empowered to hit the trails and find yourself in nature. Registration: <https://libcal.readingpl.org/event/9056290>

**Create! Camp Crafts for Adults: Beeswax Candles Mon, 8/15, 10:00 - 11:30am** Revisit craft time at summer camp and join librarian and artist Melissa for a relaxing morning of candle making! Use sheets of natural beeswax and other natural materials to make a candle. This event is generously sponsored by The Friends of the Reading Library. Registration: <https://libcal.readingpl.org/event/8953669>

**Meet and Greet our new Local History Librarian Wed, 8/17, 7:00 - 8:00pm** Drop in and meet the new Local History and Genealogy Reference Librarian, Jocelyn Gould! Feel free to bring any questions you might have about the local history room or how to research your house or family history! Registration: <https://libcal.readingpl.org/event/9339524>

**Casual Bird Walk with Dave Williams Thurs, 8/18, 9:00 - 10:30am** Join Dave Williams for a Casual Bird Walk! The Walkers will meet at the Reading Town Forest, with a departure time of 9:00am. Registration: <https://libcal.readingpl.org/event/9148890>

**Create! Camp Crafts for Adults: Simple Macramé Air plant Terrarium Mon, 8/22, 10:00 - 11:30am** Revisit craft time at summer camp and join librarian and artist Melissa for a relaxing morning of tiny gardening! Use a recycled jar, sands stones and other natural materials to make a terrarium, and a simple macramé holder to hang it with. The air plant is included, so pour yourself an iced tea or lemonade, kick back, relax, and create. This event is generously sponsored by The Friends of the Reading Library. Registration: <https://libcal.readingpl.org/event/8953670>

## SUPPORT SERVICES

We are dedicated to helping our residents live actively and engage in the community. We provide education, support and services for residents of all ages. This includes:

**\*Reading Response:**

- Medical transportation
- Lifeline Medical Alert
- Adult Day Health

\*Reading Response income guidelines for medical transportation and lifeline: 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



For Health support or to request a blood pressure check, please contact **Alyse Warren, Nurse Advocate 781-942-6693**

**Please note:**

***We are seeing clients BY APPOINTMENT ONLY***

## BLOOD PRESSURE CHECKS

**Cedar Glen**– August 3rd @ 1:00-1:45  
**Frank Tanner**– August 4th @ 10:00-10:45am  
**Pleasant Street Center**– August 25th @10:15-11:00am

If you have questions or need different arrangements, please contact **Alyse Warren, Nurse Advocate**  
781-942-6693



## FILE OF LIFE

In an emergency, time is critical! When our Firefighter/Paramedics arrive on the scene they are looking for information about the person in need. Seconds count and can make the difference between life and death. A File of Life allows our Firefighters/Paramedics to immediately begin the best possible treatment, notify loved ones, and pass this vital data to awaiting physicians in the emergency room. If you would like a File of Life or have questions about the program, please do not hesitate to contact **Kerry Valle at (781) 942-6659 or Alyse Warren at (781) 942-6693**. The Files of Life available through the Pleasant Street Center are kindly supplied through a donation to Fire Dept Local Union 1640.



## LAMP REPAIRS

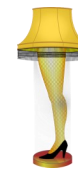
### Lamp Repair

**August 3rd & 17th**

Do you have a lamp that needs repair? Bring it to the Pleasant Street Center on the **1st and 3rd Wednesday of the month during our hours of operation.**

Please affix a note on your lamp stating the problem, your name, telephone number and address. You will receive a call when your lamp is ready to be picked up.

The fee will be for parts only. 781-942-6794



**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](http://readingma.gov). If you would like to be removed from the mailing list and/or sign up to receive it via email, please call 781-942-6608.

**RAMBLERS WALKING CLUB**



The Reading Ramblers will be walking all around town. Walks are open to all and vary each week.

*Special thanks to Ace Folds for Leading the Reading Ramblers for more than 5 years!*

**August Schedule:** Tuesdays-10:00am

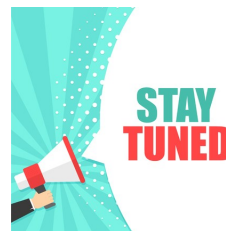
8/2-Meet at Library entrance & walk the neighborhood.  
No Ramblers on 8/9, 8/16, 8/23 & 8/30.

*Please remember to practice social distancing & masks are strongly encouraged.*

♥ *Walks will be cancelled in the event of inclement weather  
Contact the Pleasant Street Center for an updated departure location at (781) 942-6794.*



**TRIPS**



*We are in the process of planning some fun, exciting trips for the Fall, so pleased stay tuned.*



*Would you like to receive the Pleasantries newsletter by email?*

*Please call 781-942-6794 & asked to be added to the newsletter list.*