

PLEASANTRIES

49 Pleasant Street Reading, MA 01867 (781) 942-6794
 Hours: M-Th: 8:30am - 4:00pm Fr: 8:30am - 12:00pm
www.readingma.gov/elder-and-human-services

Staff Contact Info

Front desk
 (781) 942-6794

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

Senior Center Coordinator
 Chris Kowaleski
 (781) 942-6796
ckowaleski@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



Highlights for October

- Harrows chicken Supper - October 12th - Pg. 1
- Kalifornia Karl - October 27th - Pg. 1
- Medicare open enrollment starts on October 15th - Pg.2
- Birthday Lunch - Thursday , October 13th - Pg.2
- Movie and Pizza - Thursday , October 20th - Pg.3
- Let's Get Digital - Tuesday, October 26th - Pg.6
- Blue Cross Blue Shield Medicare Talk - October 17th - Pg.7
- Senior Safe Fire Safety Program - October 26th - Pg.7

WELLNESS WEDNESDAYS

The Pleasant Street Center is excited to announce our new six week *Wellness Wednesday* series starting on October 12th.

Each week, participants will enjoy wellness activities and lectures that will focus on a variety of topics related to living a healthy lifestyle.

Sessions will be held from 11:00am to 1:00pm on October 12th, 19th, 26th and November 2nd, 9th and 16th at the **Reading Public Library** in the community room on the ground floor. Lunch will be served after each presentation.

Presentation schedule to follow

For more information and to sign-up, please call the Pleasant Street Center at (781) 942-6794.

HARROWS CHICKEN SUPPER

Enjoy a delicious dinner served by Reading Police along with a meet and greet

Thursday, October 12th, 2022

Starts at 5:00pm with doors open at 4:30pm

Pleasant Street Center
 49 Pleasant Street, Reading, MA
 Open to Reading residents age 60+

RSVP required at (781) 942-6794

Generously sponsored by the Reading Police Department

KALIFORNIA KARL

Join us for a Halloween themed party with Kalifornia Karl on Thursday, October 27th at 11:00am.

Pleasant Street Center
 49 Pleasant Street, Reading, MA
 Open to Reading residents age 60+

RSVP required at (781)
 942-6794



FITNESS

Mondays

B.E.S.T. with Pat (Balance, Energy, Strength Training): 9:00am - 10:00am \$3 per class. Meets in the Great Room

Chair Yoga for Arthritis: 11:15am - 2:00 pm \$5 per class. All levels welcome (Meets upstairs)

Zumba with Kelli: 2:45pm - 3:30pm \$5 In Great Room

Tuesdays

Body and Brain Flexibility: 10:30am - 1:30am \$5 per class **Zumba Gold Toning with Kelli:** 2:30pm - 3:15pm \$5

Wednesdays

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

Yoga with Rosa: 11:45am - 2:30 pm \$10per class

Thursdays

Tai Chi with Paul:9:00am - 10:00am Free. Meets in the Great Room (**Starting September 15th**)

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

Fridays

B.E.S.T. with Pat (Balance, Energy, Strength Training): 9:00am - 10:00am \$3 per class. Meets in the Great Room.

ACTIVITIES

Tuesdays

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

BIRTHDAY LUNCH

Birthday Lunch
Thursday, October 13th at 1:00pm



Call to reserve your spot 781-942-6794

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

**Reading residents only, Ages 60+!*

If it is your birthday month, a gift and lunch is free.

SHINE COUNSELING

SHINE COUNSELING By 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.

October 15th - December 7th is open enrollment where you can change your Medicare plans for 2023

Other SHINE related matters,
Call 1-800-AGE-INFO (1-800-243-4636)
FOR QUESTIONS 24/7, Please call Medicare
1-800-633-4227

GAMES

Mondays

Bingo: 11:30 - 1:30 10 games for \$5.00

Cribbage: 1:00 - 3:00 (upstairs)

Wednesday

Rummikub: 1:00 - 3:00 (upstairs)

Thursdays

Mahjong: 12:30 - 3:30 (upstairs)

Fridays

Bridge: 9:00 - 12:00 (upstairs)

PSC closes at 12:00pm on Fridays

VETERANS

Scuttlebutt Meeting is
Thursday, October 6th 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 and visually Impaired. Meets the second Wednesday of each month.

Meets via conference call on

Wednesday, October 12th from 10:00am - 11:15am

Please call 781-942-6794 for information

PARKINSON GROUP

Parkinson's Disease Support Group

Wednesday, October 12th at 1:00pm - 2:00pm

At the Pleasant Street Center - Lounge

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

Meets the second Wednesday 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 and move towards the future in a healthy way. Group will meet monthly on the second Tuesday of every month.

Tuesday, October 11th, 9:00 am - 10:00am

A MATTER OF BALANCE

Mystic Valley Elder Services Presents
A Matter of Balance

A Free Workshop Series

September 15th to November 3rd

Thursdays, 10:00am to 12:00pm

To reserve your spot, call 781-942-6794

The Pleasant Street Center
49 Pleasant Street in Reading

DOWN TOWN TRICK OR TREAT



Trick or Treat downtown from 4:00-5:30

VIRTUAL ART

Virtual Zentangle with Susan

Wednesdays at 9:30am - 10:30am

Virtual Drawing with Susan

Wednesdays at 9:30am - 10:30am

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 AND PIZZA

October Movie - The Lost City
Thursday, October 20th at 1:00pm



A reclusive romance novelist on a book tour with her cover model gets swept up in a kidnapping attempt that lands them both in a cutthroat jungle adventure.

MUST RSVP to 781-942-6794

MEMORY CAFÉ

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

Join us for a fall craft Tuesday October 11th at 10:00 am at the STONEHAM SENIOR CENTER

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 October 3rd
6:30pm in-person

Town of Reading Select Board

Selectboard@ci.reading.ma.us

Mark Dockser, Chair

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, 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 will be on

November 7th at 1:30pm

Senator Lewis hosts office hours at the Pleasant Street Center on the first Monday of every other month.

READING SELECT BOARD OFFICE HOURS

2022 SELECT BOARD HOURS

Chris Haley

Tuesday, October 11th at 11:00am

Pleasant St. Senior Center

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

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.*

September Shopping Dates and Times

Walmart

Monday, October 3rd 10:00am to 12:00pm

Redstone Shopping Center

Monday, October 17th 10:00am to 12:00pm

Walmart

Monday, October 24th 10:00am to 12:00pm

Woburn Village, Target or Kohl's

Monday, October 31st 10:00am to 12:00pm

Market Basket or Stop & Shop:

Peter Sanborn Grocery Shopping Wednesdays

8:30am - 9:30am

Neighborhood Grocery Shopping Wednesdays

9:30am - 10:30am

Cedar Glen Grocery Shopping Thursdays

8:30am - 9:30am or 9:30am - 10:30am

Tannerville Grocery Shopping Fridays

8:30am - 9:30am

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
3 9:00 BEST 11:15 Chair Yoga 11:30 Bingo 1:00 Cribbage 2:45 Zumba Gold 6:30 COA meeting	4 9:30 Art 10:00 Walking Club 10:30 Body & Brain 11:00 SHINE 2:30 Senior Fit	5 9:30 Zentangle (virtual) 10:00 Low Vision 11:45 Yoga 1:00 Rummikub 1:45 Line Dancing	6 9:00 Tai Chi 10:00 Scuttlebutt 11:15 Strength & Balance 12:30 Mahjong	7 9:00 BEST 9:00 Bridge (upstairs) Closing at 12:00
10 CLOSED FOR INDIGENOUS PEOPLES DAY	11 9:00 Bereavement Group 9:30 Art 10:00 Walking Club 10:30 Body & Brain 2:30 Senior Fit	12 9:30 Drawing (virtual) 10:00 Low Vision 11:45 Yoga 1:00 Parkinson's 1:00 Rummikub 1:45 Line Dancing	13 9:00 Tai Chi 10:00 No Computer Drop-in 11:15 Strength & Balance 12:30 Mahjong 1:00 Birthday Lunch	14 9:00 BEST 9:00 Bridge (upstairs) Closing at 12:00
17 9:00 BEST 11:15 Chair Yoga 11:30 Bingo 1:00 Cribbage 1:00 BCBS Medicare 2:45 Zumba Gold 6:30 COA meeting	18 9:30 Art 10:00 Walking Club 10:30 Body & Brain 11:00 SHINE 2:30 Senior Fit	19 9:30 Coffee hour 9:30 Zentangle (virtual) 11:45 Yoga 1:00 Rummikub 1:45 Line Dancing	20 9:00 Tai Chi 10:00 No Computer Drop-in 10:00 Book Club 11:15 Strength & Balance 12:30 Mahjong 1:00 Movie "Lost City"	21 9:00 BEST 9:00 Bridge (upstairs) Closing at 12:00
24 9:00 BEST 11:15 Chair Yoga 11:30 Bingo 1:00 Cribbage 2:45 Zumba Gold	25 9:30 Art 10:00 Walking Club 10:30 Body & Brain 2:30 Senior Fit	26 9:00 Fire Safety 9:30 Drawing (Virtual) 11:45 Yoga 1:00 Rummikub 1:45 Line Dancing 4:00 Downtown Trick or Treat	27 9:00 Tai Chi 10:00 Computer drop-in 11:00 Kalifornia Karl 11:15 Strength & Balance 12:30 Mahjong	28 9:00 BEST 9:00 Bridge (upstairs) Closing at 12:00
31 9:00 BEST 11:15 Chair Yoga 11:30 Bingo 1:00 Cribbage 2:45 Zumba Gold				

LET'S GET DIGITAL

Are you interested in learning more about your iPad, iPhone, Androids, Window Laptops, Facebook, Texting, Photo Downloads, etc., etc. Join us on October 26th from 11:00am to 12:00pm for a short presentation and then work together to generate ideas for a monthly program with tech topics of interest to you! Also, don't forget technology help is offered on Thursday mornings in the computer room from 10:00am - 12:00am.

For more information or to sign-up, please call the Pleasant Street Center at 781-942-6796.

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.

TECH SUPPORT

Drop-in Technology Support

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

Note: No computer drop-in on 10/13 & 10/20

RPL FOR PSC

Starting October 1: The Healing Library

New! RPL is launching a Healing Library containing books, resources, and activities to help navigate grief or trauma. Patrons may choose from 10 kits, available to browse at the library or to check out.

Virtual author event: Community Read-Take a Dip with Lisa Fipps **Tues, 10/4, 7:00 - 8:00pm**

Join RPL Librarians and author Lisa Fipps for a virtual discussion of her award-winning debut novel in verse, *Starfish*. The event will begin with prepared questions and there will be time for a live Q&A. This program is generously funded by the Friends of the Reading Public Library--thank you, Friends!

Registration: <https://libcal.readingpl.org/event/9154272>

Ergonomics at Work: The Importance of Proper Posture **Thurs, 10/6, 7:00 - 8:00pm**

Is your home office literally a pain in the neck? Join Jaimee Mace, MSPT, to learn the proper way to set-up and use your electronic devices to avoid over-stressing your body. You will learn about the importance of proper posture and also learn exercises to undo the effects of slouching. Sponsored by the Friends of the Reading Public Library.

Registration: <https://libcal.readingpl.org/event/9500956>

Psychic Lunch on the Lawn **Sat, 10/22, 1:00 - 3:00pm**

Bring your own chair or blanket and lunch to the side lawn, and join Psychic Medium and Paranormal Investigator Lucky Belcamino for an afternoon of Mystery and Murder! There will be a book signing & sale of her (cash only). Registration: <https://libcal.readingpl.org/event/8894412>

Virtual: Privacy & Reproductive Rights: What You Need to Know **Mon, 10/24, 7:00 - 8:00pm**

This webinar will cover the ways that our digital lives expose information about our reproductive choices. Participants will learn how to map out their own personal risk profile and will leave with strategies to protect themselves from having their personal information weaponized against them, as well as protect the safety and choices of those around them.

Registration: <https://libcal.readingpl.org/event/9545233>

Mystic Valley Elder Services: Serving Older Adults and Caregivers **Tues, 10/25, 6:30 - 7:30pm**

Mystic Valley Elder Services' mission is to make it possible for older adults to live independently in their own homes for as long as possible and as safely as possible. They offer a variety of services for Older Adults and Caregivers too! Come and learn what Mystic Valley Elder Services can do for you or you and your loved ones. Registration: <https://libcal.readingpl.org/>

PSC BOOK CLUB

Looking for a casual book group where you can discuss, engage and laugh with other like-minded readers? This month's discussion features ***Circe* by Madeline Miller**. We are meeting upstairs in the PSC on **Thurs, 10/20, 10:00 - 11:30am**. Copies are available at the Library and at the Pleasant Street Center.

Registration: <https://libcal.readingpl.org/>

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

SENIOR SAFE FIRE SAFETY PROGRAM

Education is the key to improving the safety of Seniors at home. The Senior SAFE program is a partnership between the Reading Fire Department and the Seniors it serves.

Joins us **October 26th at 9:00am** at the **Pleasant Street Center**, for a presentation and discussion on fire and safety issues. Call 781-942-6794 to reserve your spot

ART WALK

It's Art Walk Time!
4th Annual Downtown Reading Art Walk

Exhibits take place in the downtown Reading business windows and the Reading Public Library.

September 10th - October 17th, 2022

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.



BLOOD PRESSURE CHECKS

Cedar Glen - October 5th: 1:00 - 1:45

Frank Tanner - October 13th: 10:00 - 10:45

Pleasant St Ctr. - October 27th: 10:15- 11:00

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

BLUE CROSS BLUE SHIELD MEDICARE

Medicare can be confusing. It is so important to find coverage that fits your needs. Join us as Heather Heard from Blue Cross Blue Shield reviews the differences between Medicare Supplement and Medicare Advantage plans **Monday October 17th from 1:00 - 2:00.**

Please call 781-942-6794 to reserve your spot

LAMP REPAIR

Lamp Repair
October 5th and 19th

Do you have a lamp that needs repair? Bring it to the during our hours of operation.

PLEASE NOTE: LAMPS MUST BE CLEAN

Please affix a note on your lamp stating the problem, your name, telephone number and address. 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. 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.

Tuesdays at 10:00am

Reading Ramblers October 2022 SCHEDULE

- 10/04:** Meet at Reading Public Library.
- 10/11:** Meet at the Parking lot between Walgreens and Angelos on Main St., Stoneham.
- 10/18:** Meet at Town Hall.
- 10/25:** Meet on Birch Meadow Road at the path across from Oakland Ave.

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.***

TRIPS

**Bill Connors as American Elton John
Danversport Yacht club**

Wednesday, November 2, 2022

\$55.00 per person

Sign-ups open now!

Please RSVP to 781-942-6794

Jimmy Mazz

“Home for the Holidays”

Thursday, December 1st, 2022

\$70.00 per person

Danversport Yacht Club

Sign-ups start September 19th

Please RSVP to 781-942-6794

*We are continually in the process of planning more
fun and exciting trips for the Fall, so please stay
tuned.*