

PLEASANTRIES

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

Staff Contact Info

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 Co-ordinator

Joe Beninati (781) 942-6754
jbeninati@ci.reading.ma.us

Receptionist/Clerk

Eileen Mack (781) 942-6794
emack@ci.reading.ma.us

Dear Friends!

We hope everybody had a great summer and is now enjoying a few cooler days. This month, we are excited to have some programs and classes resuming, so please check out our September highlights below and our upcoming schedule.

On an exciting note, we would like to welcome our new Senior Center Coordinator, Chris Kowaleski. Chris has over ten years experience as a Coordinator for the City of Somerville's Council on Aging. We are thrilled to have him onboard!

Moving forward, the Pleasant Street Center will continue to close on Fridays at 12:00pm. Friendly reminder that if you are signed up for an event and can't make it, please call us at 781-942-6794 to cancel. Many times we have a waitlist.

Highlights for September:

- ♥ **Movie & Pizza -Thursday, September 8th at 1:00pm, Oscar winner -CODA**
- ♥ **Coffee Hour -Meet the new Sr. Center Coordinator, Chris -September 14th at 9:30am**
- ♥ **Matter of Balance returns! September 15th at 10:00am**
- ♥ **Estate Planning Seminar -September 21st at 10:00am**
- ♥ **Flu Clinic: September 21st from 9:00am -11:30am see pg. 6 for details -*appointment required***
- ♥ **Birthday Lunch -Thursday, September 22nd at 1:00pm**
- ♥ **Ice Cream Social with Senator Jason Lewis -Wednesday, Sept. 28th 2:00pm-3:30pm**
- ♥ **Lunch & Learn Series Kick-off - September 29th at 12:00pm at PSC. "Plans for the new Center"**
- ♥ **RECALC Survey - Please see note on page 2**

Have a wonderful rest of the summer!

Pleasant Street Center Team

Amy, Alyse, Chris, Eileen, Joe & Kerry



FALLS PREVENTION AWARENESS WEEK

September 18th – 24th Falls Prevention Awareness Week

Here are a few tips to Prevent Falls

- Get your vision checked: Improper eyewear and decline in vision due to cataracts or glaucoma can lead to falls.
- Discuss Medications with you Doctor: Multiple medications can have possible side effects that can cause increased fall risk.
- Eliminate Household Hazards: Rug edges, poor lighting, clutter and lack of proper handrails and grab bars can increase fall risk.
- Focus on Balance and Strength Training: Exercise such as Yoga, Tai Chi, leg exercises and regularly walking can help decrease the likely hood of falling.

(Tips provide by Tracy Rochester, PT, MSPT, CCCE—Senior Physical Therapist, Tufts Medicine, Melrose Wakefield Hospital)

IN-PERSON 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– 12 pm \$5 per class. All levels welcome (Meets upstairs)
Zumba Gold w/Kelli: 2:45pm- 3:30pm \$5 In Great Room

Tuesdays

Body and Brain Flexibility: 10:30am-11:30am \$5 per class
Senior Fit 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—12:30 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

IN-PERSON 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, September 22nd 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 & lunch is free.

ICE CREAM SOCIAL WITH SENATOR LEWIS

Wednesday, Sept. 28th 2-3:30pm at the PSC

Join State Senator Jason Lewis and staff

for an ice cream social to discuss issues, questions, or any concerns you may have.

Please RSVP to 781-942-6794

IN-PERSON TECH SUPPORT

Drop-in hours

Technology Support– Every Thursday 10 am-12 pm

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-PERSON SHINE COUNSELING

SHINE COUNSELING By Appointment Only

Tuesday, Sept. 6th, 13th, and 27th from 9:00am- 12:00pm

Tuesday, Sept. 20th from 11:00am- 2:00pm

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: 11:30am to 1:30pm 10 games for \$5.00

Cribbage: 1:00pm to 3:00pm (upstairs)

Wednesdays: Rummikub: 1:00pm to 3:00pm (upstairs)

Thursdays: Mahjong: 12:30pm to 3:30pm (upstairs)

Fridays: Bridge 9:00am to 12:00pm (upstairs in Lounge)

RECALC SURVEY

Make YOUR voice heard! The Town of Reading invites you to share your thoughts about a new senior/ community center in a survey that will be released this September. Be on the look-out for the postcard in the mail which will give you multiple options on how each member in your household can participate.

VETERANS

Scuttlebutt Meeting is

Thursday, September 1st 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, September 14th from 10:00am-11:15am**
Please call 781-942-6794 for information

PARKINSONS GROUP

Parkinson's Disease Support Group

**Wednesday, September 14th at 1:00pm—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, September 13th, 9:00am -10:00am



READING SELECT BOARD OFFICE HOURS

2022 SELECT BOARD HOURS— Mark Dockser, Chair

Tuesday, September 13th at 11:30am

Pleasant St. Senior Center
CONTACT THE BOARD ANYTIME at
selectboard@ci.reading.ma.us

MATTER OF BALANCE – RETURNS!

**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

VIRTUAL ART

Virtual Zentangle with Susan 9/7 & 9/21

Wednesdays at 9:30am-10:30 am

Virtual Drawing with Susan 9/14 & 9/28

Wednesdays at 9:30am -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/ygzjdfo>

MOVIE & PIZZA

**September Movie-CODA
Thursday, September 8th at 1pm**



2021 Academy Award Winner for Best Picture! As a CODA (Child of Deaf Adults) Ruby is the only hearing person in her deaf family. When the family's fishing business is threatened, Ruby finds herself torn between pursuing her passion at Berklee College of Music and her fear of abandoning her parents.

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 for
Lunch at Bertucci's
45 Walker's Brook Dr

September 13th from 12:00-2:00pm

RSVP is REQUIRED by 9/7/22



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 September 12th 6:30 pm Zoom

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 are **September 12th at 1:30pm**

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

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.

September Shopping Dates and Times

Walmart

Monday, September 12th 10:00am - 12:00am

Redstone Shopping Center

Monday, September 19th 10:00am - 12:00pm

Woburn Village, Target or Kohl's

Monday, September 26th 10:00am - 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
			<p style="text-align: right;">1</p> <p>NO TAI CHAI 10:00 Scuttlebutt 11:15 Strength & Balance 12:30 Mahjong</p>	<p style="text-align: right;">2</p> <p>9:00 BEST NO Gentle Yoga Closing at 12:00</p>
			<p style="text-align: center;">5</p> <p style="text-align: center;">CLOSED FOR LABOR DAY</p> 	<p style="text-align: center;">6</p> <p>9:30 -11:30 Art 10:00 Walking Club 10:30 Body & Brain 2:30 Senior Fit w/Kelli</p>
<p style="text-align: right;">12</p> <p>9:00 BEST 11:15-12:00 Chair Yoga 11:30 Bingo 1:00 Cribbage 1:30 Senator Lewis 2:45 Zumba Gold 6:30 COA meeting</p>	<p style="text-align: right;">13</p> <p>9:00 Bereavement Group 10:00 Walking Club 9:30 -11:30 Art 10:30 Body & Brain 11:30 Mark Dockser, Select Board Chair 11:00- 3:00 SHINE 2:30 Senior Fit w/Kelli</p>	<p style="text-align: right;">14</p> <p>9:30 Coffee hour w/Chris 9:30 Drawing (virtual) 10:00 Low Vision 11:45 -12:30 Yoga 1:00 Parkinson's 1:00 Rummikub 1:45 Line Dancing</p>	<p style="text-align: right;">15</p> <p>9:00 Tai Chi STARTS! 10:00-12:00 Computer drop-in 10:00 -11:30 Book Club 11:15 Strength & Balance 12:30 Mahjong</p>	<p style="text-align: right;">16</p> <p>9:00 BEST 9:00-12:00 Bridge (upstairs) NO Gentle Yoga Closing at 12:00</p>
<p style="text-align: right;">19</p> <p>9:00 BEST 11:15 -12:00 Chair Yoga 11:30 Bingo 1:00 Cribbage 2:45 Zumba Gold</p>	<p style="text-align: right;">20</p> <p>9:30 -11:30 Art 10:00 Walking Club 10:30 Body & Brain 2:30 Senior Fit w/Kelli</p>	<p style="text-align: right;">21</p> <p>9:30 Zentangle (virtual) 9:00 -11:30 Flu Clinic— appointment required 10:00 Estate Planning Seminar (upstairs) 11:45 -12:30 Yoga 1:00 Rummikub 1:45 Line Dancing</p>	<p style="text-align: right;">22</p> <p>9:00 Tai Chi 10:00-12:00 Computer drop-in 11:15 Strength & Balance 12:30 Mahjong 1:00 Birthday Lunch</p>	<p style="text-align: right;">23</p> <p>9:00 BEST 9:00-12:00 Bridge (upstairs) NO Gentle Yoga Closing at 12:00</p>
<p style="text-align: right;">26</p> <p>9:00 BEST 11:15 -12:00 Chair Yoga 11:30 Bingo 1:00 Cribbage 2:45 Zumba Gold</p>	<p style="text-align: right;">27</p> <p>9:00 -1:00 SHINE 9:30 -11:30 Art 10:00 Walking Club 10:30 Body & Brain 2:30 Senior Fit w/Kelli</p>	<p style="text-align: right;">28</p> <p>9:30 Drawing (virtual) 10:00 -11:00 Clinicial hours 11:45 -12:30 Yoga 1:00 Rummikub 1:45 NO LINE DANCING 2:00-3:30 pm Ice Cream Social with Senator Jason Lewis (RSVP only)</p>	<p style="text-align: right;">29</p> <p>9:00 Tai Chi 10:00-12:00 Computer drop-in 11:15 Strength & Balance 12:00 Lunch & Learn 12:30 Mahjong</p>	<p style="text-align: right;">30</p> <p>9:00 BEST 9:00-12:00 Bridge (upstairs) NO Gentle Yoga Closing at 12:00</p>

WORLD ALZHEIMER'S DAY

September 21st is World Alzheimer's Day. On this day, the world concentrates its efforts on creating awareness of Alzheimer's disease. The disease is among the most prevalent forms of dementia; a set of disorders that disrupt mental function. Alzheimer's is a form of dementia that affects memory and impairs daily function. It is responsible for somewhere between 60% and 80% of dementia cases. Alois Alzheimer, a German psychiatrist, was the first to identify the disease while treating a German woman in 1901. For more information on the history please visit <https://nationaltoday.com/world-alzheimers-day/>

For information on Alzheimer's & Dementia please visit https://www.alz.org/alzheimer_s_dementia

FLU VACCINE CLINIC

Provided by Reading's Public Health Department
Wednesday September 21
 9:00 - 11:30

Appointment required

Please call **781-942-6693** to RSVP



Free for most insurances
 Please bring your insurance card to your appointment

Homebound flu vaccine available for those who qualify.
 Please call 781-942-6693 if you have questions

CITIZEN POLICE ACADEMY

Reading Police Department
2022 Citizen Police Academy

September 13th to November 8th
 Tuesdays from 6:30pm to 8:30pm

Various police subjects taught by a variety of officers

Investigations, Crime Prevention, Patrol Procedures, Emergency Response and much more.

Contact Officer Kristen O'Shaughnessy at 781-942-6761 or by email at koshaughnessy@ci.reading.ma.us for more information and to register.

READING LIBRARY EVENTS FOR PSC

Community Read 2022 Through October 8, 2022 All of Reading is invited to participate in our small but mighty Community Read! Stop by the library for more information.

Therapeutic Program for Adults with Roman Music Therapy Wed, 9/7, 4:00 – 5:00pm Inviting musical exploration in a safe and therapeutic environment in an 8-week series. Adults with developmental disabilities including ASD and I/DD benefit from the opportunity to express themselves and be heard and understood. Caregivers are required to attend. Sponsored by the Friends of the Reading Public Library. Registration: <https://libcal.readingpl.org/event/9500796>

Pirate or Patriot Wed, 9/14, 7:00 - 8:00pm Did you know that colonial Boston was a hub of activity for the 18th -century's most notorious pirates? Join Ranger Patrick Boyce of the National Parks of Boston as he examines the lives and deaths of four pirates: Captain William Kidd, "Black" Sam Bellamy, Ned Lowe, and William Fly. Registration: <https://libcal.readingpl.org/event/9338955>

Genealogy One-on-One: Private Research Appointment Fri, 9/16, 10:00 - 11:00am Just starting your research into your family history and need some help? Looking to learn more about your house or starting the process of applying for a historic house marker? Book an appointment with our Local History and Genealogy Reference Librarian today! Registration: <https://libcal.readingpl.org/event/9452872>

The Family Roe: An American Story with Joshua Prager Mon 9/19, 7:00 – 8:00pm Join Investigative Journalist Joshua Prager for a talk on his book, The Family Roe: An American Story (finalist for the 2022 Pulitzer Prize). This book offers extraordinary insight into the Supreme Court's most divisive case and its plaintiff. This program is presented in partnership with the Norwood Library. Registration: <https://libcal.readingpl.org/event/9328264>

Autumn Concert: Eastern Medicine Singers Tues, 9/20, 5:00 – 6:00pm We're wrapping up our Concert Series with Eastern Medicine Singers. Bring something to sit on, and some apps and enjoy an evening of music on the lawn! This event is generously sponsored by The Friends of the Reading Library. No registration necessary, more info: <https://libcal.readingpl.org/event/9383451>

Bird Meetup With Dave Williams Mon, 9/26, 2:00 – 3:00pm Novice birders and experts alike are welcome to attend RPL's casual Bird Meetups with Dave Williams every other month. Registration: <https://libcal.readingpl.org/event/8946610>

Poetry Reading with Moira Linehan Mon, 9/26, 7:00 – 8:00pm Lauded Reading Poet Moira Linehan reads from her latest collections Toward and & Company. This event is generously sponsored by The Friends of the Reading Library. Registration: <https://libcal.readingpl.org/event/9145266>

Questions? Please call Library at 781- 944-0840

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– September 7th at 1:00pm -1:45pm
Frank Tanner– September 8th at 10:00am -10:45am
Pleasant Street Center– September 15th at 10:15am - 11:00am

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

BOOK CLUB

Monthly Book Club at the Pleasant Street Center– 49 Pleasant St.
Thursday, September 15th 10 am—11:30 am
 This month's book is: ***Starfish by Lisa Fipps***



For more information about this group please call **Melissa Reading Public Library at 781-944-0840**

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

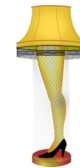
September 7th & 21st

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 NOTE: LAMPS MUST BE CLEAN

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



ESTATE PLAN SURVIVAL KIT SEMINAR

Curley Law Firm LLP

What you need to protect your family, your assets and you independence as you age.

Wednesday, September 21, 2022 at 10:00am

Presentation is open to the public
(In person or Via Zoom)

Hosted by the Pleasant Street Center
49 Pleasant Street, Reading, MA

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.

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

September Schedule: Tuesdays at 10:00am

9/6: Meet at the Pleasant St. Center

9/13: Meet at the Parking lot between Walgreens and Angelos
on Main St., Stoneham. We will walk 1 mile out and 1 mile
back on the Tri-Community Greenway Trail (paved)

9/20: Meet at Residence at Pearl St. & Walk Belmont St.
neighborhood

9/27: Meet at Washington Park

Check out Ramblers FB page for updates:

<https://www.facebook.com/Readingramblers/>

Trips

Newport Playhouse
"Social Security"

Tuesday, October 11th

\$56.00 per person

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

